

## 8 ways to stay positive during job search

You need to keep a positive attitude for your own emotional well being as well as to project a good impression with a potential employer.

“Treat an interview as an audition and be prepared for rejection”



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Amazing People  
3 Brook House Barns, As-  
ton on Carrant, Tewkes-  
bury GL20 8HL 01684  
772888

[www.amazingpeople.co.uk](http://www.amazingpeople.co.uk)  
[hello@amazingpeople.co.uk](mailto:hello@amazingpeople.co.uk)

Losing your job can be devastating. You have to deal with loss of income, colleagues, perks (e.g. a company car) plus wondering how you will manage – when will you get another job, how will you cope financially etc. There is also the underlying feeling of rejection – rejection from the job you have lost, plus more rejection each time you don't get a job you have applied for.

The hardest part of job search is keeping up a positive attitude, and it's imperative you do this!

The whole process of job search can make people feel depressed so you need to take good care of yourself. If you do become run down it can affect you mentally, physically, and socially. It can show itself in both body language and tone of voice. This will greatly reduce the likelihood of a successful interview.

### Here are 8 key ways to stay positive during job search:

#### 1. Look after your physical self

Make sure you **take good care of yourself physically**. It is very easy to slip into unhealthy eating, drinking or smoking habits during a period of unemployment or stress. Take time for regular exercise which accelerates the pulse beat, simple, daily, relaxation exercises, healthy eating and drinking habits. They will benefit your whole person, reducing stress, enabling you to work more calmly and efficiently, and to perform better at interview.

#### 2. Look after your mental health

If you are not in work or if you have to do quite low level temporary work, look for ways to **stimulate your intellect**. You can catch up on your professional reading, write an article or learn a new skill. Could you update your technological skills?

#### 3. Stay in contact with people

Make sure you **remain in contact with people**. Just because you no longer work with your former colleagues you can still meet people. Perhaps others in a similar position or people who will let you know about possible future changes in the companies you want to work with.

#### 4. Understand about rejection

If you do get rejected, remember that **rejection is just a short term set back**. You are only being rejected for one job, not for every future possibility. We need to pick ourselves up and apply for the next job. **Accept that rejection is part of the job search process**. With every job advertisement, there is one winner and many people who receive the “regret” letter. Perhaps you were a very close second but someone else's experience was a closer match. We need to **treat it more like an audition**.

There are also reasons outside your control that may be the reason you are not getting short-listed

- Some recruitment agencies will place ads to get people on their books;
- The job is already filled but the company policy is such that they have to go through the motions of an advert;
- Organisational changes may mean there is no longer a need for the job to be filled;
- Other candidates more closely match the employers requirements.

#### 5. Focus on the progress you are making

It is highly unlikely you will be offered the first job you go for, and we improve with each application and interview. Each time you go for an interview you are likely to improve in the way you come across and the belief in yourself.

#### 6. Seek and use feedback

Find out why you didn't get the job. It is not always offered, but generally if you ask, the company will explain in what area you didn't meet the criteria. Getting feedback isn't enough. You also want to treat it as a learning opportunity and put your new found information into practice.

#### 7. Keep busy

You will want to spend at least 10 hours a week on job search, but fill your day with other activities as well. Perhaps you could take some time to do what you have never had the time to do when working full time, such as collecting your children from school, learning a new skill, becoming a volunteer.

#### 8. Talk it through

Discuss how you are feeling with a friend or job search coach. An outside perspective can help you to reassess your self and move forward.

Brought to you by Denise Taylor, Chartered Occupational Psychologist. Denise is a careers expert who specialises in helping individuals achieve career satisfaction and to take a systematic approach to job search.

Do you need help with job search? Whether it's CV preparation, interview practice, increasing your profile or self marketing, let Denise guide you through the maze so you get a job quicker, make more money & have fun while you do it.

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[amazingpeople-50638@autocontactor.com](mailto:amazingpeople-50638@autocontactor.com)