

How to stay confident during a job search

Navigating the knotty moments...

Searching for a new role can feel relentless and the excitement that comes from exploring something new can wear off quickly.

Staying confident throughout the job searching process and finding different ways to boost your belief will help you feel more positive and in control.



Ideas for action

Find your career comfort blankets

Consider who is a source of career support for you. These people listen and build your belief.

Spending some time with them stops you feeling stuck and provides a more positive outlook.

Who are the 3 people you go to first for support?

Do the same work in a different place

Applying for jobs day in day out can feel like you're living life on repeat.

Heading to a different space that feels more positive can help you feel better about the job search process.

What spaces could you work from to increase your energy (co-working spaces / libraries / coffee shops)?

Connect with career communities

Professional communities help you to stay curious & connected to your work.

The relationships you build and insights you gain will increase your opportunities and give you something to talk about in interviews.

What communities could you connect with and learn from?

Try time-boxing and breaking

Creating pauses in your job search process helps you keep things in perspective and stay positive.

Time-boxing = creating pockets of time in your day for job search.
Time-breaking = week on / week off approach.

How can you take the pressure off?

Share your skills

Don't let the process make you feel flat. Proactively sharing your skills with other people can help you:

- Feel useful
- Experience a helpers high
- Appreciate your abilities

Who would benefit from the skills you could bring?

*"Enthusiasm is common.
Endurance is rare.."*
- Angela Duckworth

*"Success is not final,
failure is not fatal:
It is the courage to
continue that counts."*
- Winston Churchill

Coach yourself questions

What helps you stay positive when things feel hard?



What advice would you give to someone in your situation?



Recommended resources



Career Canvas
Free support from our online toolkit



How to shape your future with confidence
Playlist of inspiring talks from Ted.com



How to make your job application stand out
Squiggly Careers #302