

# Squiggly Careers PodSheet

## 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.



### 5 ideas for action to boost your belief

#### 1 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?*

#### 2 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)?*

#### 3 Connect with career communities



Professional communities help you to stay curious and 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?*

#### 4 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?*

#### 5 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 to stay positive when things feel hard?

? What advice would you give to someone in your situation?

### Recommended resources



#### **Redundancy Reset**

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