



TOP TIPS FOR MAINTAINING YOUR SELF BELIEF

If you are seeking work in the current climate it can be tough. With more applicants than jobs you can expect to suffer many set backs before you find your next role. However, key to finding the right job is maintaining your self-belief and keeping your confidence strong so that you come across well in your applications and interviews. Here are some tips to help you along the way :

KNOW YOUR STRENGTHS :

- Create a list of the things you enjoy doing (we tend to be good at these things!)
- Make a list of all the other things you are or have been good at
- Remind yourself of what other people seek you out for
- If you get stuck ask people you know well for some feedback on your positive qualities
- Write a personal profile which sums up how all your strengths come together to make you unique – revisit this from time to time when you need a bit of a boost.

REFRAME YOUR WEAKNESSES :

- Typically we manage our weaknesses through working around them. Identify how you cope and then attach some value to that skill e.g. if you are bad at organisation and have a PA to get you sorted, then perhaps you are good at delegation?
- We generally accept that we can't be good at everything, so consider what skills or qualities in other people you admire. Then ask yourself what it is about you that makes this an easy concession – perhaps your qualities are that you are tolerant or you appreciate diversity ?

WHAT MAKES YOU SMILE ?

- Recall the things that make you smile and capture these on paper. When you are feeling down, re-visit the list and you'll find that the memory makes you smile again.

KEEP PERSPECTIVE :

- We have many roles in life and our job is only one of them. If your work life is not going to plan, take the time to appreciate the parts that are.
- Just because your "9-5" has changed, other parts of your week don't have to e.g. if you used to play sport with people at work remember they are friends as well as colleagues. Try to keep those regular activities going, you'll enjoy the exercise and keeping in touch.
- If you used to have a ritual like taking the dog for a walk before you went to work or always cooking the roast on a Sunday, try to protect these routines so that there is some sense of normality to your week.
- Work will typically provide us with a lot of social interaction. But this essential catch up with people and office politics will all disappear when we are not in an office. Locate support groups and use professional networking sites to try to feed this social need.
- Remember that other people's lives continue – whilst they may be sympathetic to your situation, you need to give them some "air play" as well. Perhaps you can support them and in doing so identify another strength ?
- Although we can sometimes enjoy being the main breadwinner – in today's world that role has to be juggled and shared in a household. This may feel odd to you, but there are many of us who need to get used to a "role reversal", at least for a short while.

*Interested to know more ? Contact Michelle today
on 07717 122950 and find out how she could help you !*