

## **Keeping Spirits High During a Long Job Search**

*Wall Street Journal - June 24, 2009* - Prolonged searches are common these days and it can be difficult to keep your spirits up throughout the process. But even though a long career search is bound to take an emotional toll on the job seeker, it's important to stay as positive as possible throughout each stage of the process, says Washington D.C.-based career expert Sara K. Collins.

For one, Ms. Collins recommends taking on part-time consulting work to gain confidence by learning new skills. "It's difficult emotionally to feel like you're not adding value," she says. Here, Ms. Collins talks about other ways to stay confident throughout your search.

### **How Can You Organize Your Search To Keep Spirits High?**

Start your day by 9 A.M. and do your job search until 5 P.M. and then let it go.

Doing a job search as a full-time job is more difficult than your normal job because it may be using different functions or skills if in the past, for instance, you were used to looking at spreadsheets all day. So make sure to take time off.

Do this Monday through Thursday and then give yourself a break for Friday, Saturday and Sunday. It's common for people to let the morning slip away and then work a little bit and take a break, and then work in the evening and feel guilty all the time that they should be doing more for the job search.

### **What Can You Do To Overcome Lack Of Confidence During An Interview?**

If you want the job, you don't want to show a lack of energy or enthusiasm. You need to do whatever it takes to psych yourself up, whether it's meditating, giving yourself positive affirmations, or just bringing your iPod so that you can listen to a favorite song before going in for the interview.

If you've had a few interviews that haven't resulted in offers, you don't want to make the mistake of thinking that you've had enough practice.

### **Can Job Seekers Boost Confidence On Their Own?**

Practice can give a lot of people confidence, especially doing mock interviews, which lets you feel confident that you've answered questions effectively. Networking with other job searchers is another.

If it's possible, create a support group of other job seekers and encourage each other. Stay in touch with your friends and don't ignore your personal support group. They want to help you, so lean on them.

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### **What Are Some Common Mistakes That Job Seekers Make After Getting Discouraged?**

People start to assume the worst in the beginning and start making plan B or plan C without fully working out plan A. Often, plan A is getting a job that's in a good city without compromising the level you're at.

Don't assume that you are going to have to take a major step down. When people lose confidence, they shut down instead of working on their job search. Or they do something crazy out of desperation!

One guy I recently saw was chatting people up at the grocery store and passing out business cards.

It's great to reassess what you're doing but you don't need to do something wildly creative to stand out.

*(End)*