

Cheshire West & Chester Council

Module Six:

Believe in yourself



Cheshire West
and Chester

Believe in Yourself content:

1. How to cope with losing your job
2. Do something practical
3. Learn new skills
4. Positive thinking



Introduction to Believe in Yourself

Losing your job is stressful for anyone regardless of your situation, job-hunting skills or how well connected you are.

If you were not expecting to lose your job, news like this could come as a massive shock and the ramifications can be huge.

Having said that, endings always bring new beginnings...



Create a vision board

A vision board is a tool which you can use to help clarify, concentrate and maintain your focus on considering your next steps in looking for a new job, and in particular if you notice yourself starting to feel feelings of depression and anxiety.

Create your vision board

Creating a vision board will enable you to display images that represent what you would like your life and your job to look like.

- A cork board, A3 piece of paper or small canvas
- A pile of old magazines and newspapers
- Scissors
- Pens
- Glue or sticky tape
- A photo of yourself

Your vision board

- Close your eyes and take a moment to reflect on your goals and aspirations. What do you want your ideal job to look like?
- Cut out images from the magazine that represent the job or life you want. This is your opportunity to get really creative.

Your vision board

- Place the photo of yourself in the middle of the board or paper and then paste all the images around the outside of your photo.
- Place the board in a prominent position in your home and when you feel those emotions of anxiety or depression creeping in, take yourself to stand in front of it and remind yourself of what you can create.

Do something practical

Update your CV. You may not have done this in a while and it will be a good opportunity to look at how far you have come.

Consider your social media profile picture, how 'open' your profile is and make the necessary updates and changes.

Ask yourself...

Do you want to continue what you are doing or would you like to consider your options?

Now is the time to evaluate and work out what it is you truly want to do – use your vision board to help you

Take part in a career assessment

When you are not sure of what type of job you want or what you want to do next with your job, a skills & interests assessment can help you narrow down your job choices and choose a career path that is compatible with your interests, skills, values, and personality.

It's a bit like playing 'What do you want to be when you grow up'?



How a career assessment can help

There are a variety of free career tests available online they are quick and easy to take and provide insight into what types of jobs you might want to research – see this module's 'further reading and useful links'.

If you contact your local Work Zone one of our Employment Support Officers will support you step by step through this process on a FREE 1:1 appointment basis .



Learn new skills

After following the steps so far, you may find that you have re-evaluated your vocation and you want to do something entirely different, or perhaps you'd like to learn a new skill alongside whatever job you step into.

This is the time to work out the skills you do have and those that you wish to gain.



Develop new skills to boost your job search

Research the skills and requirements for your ideal job.

Look at job person specifications and job descriptions, speak to people who work in the industry.

Once you have the information, list the most common skills, experience, and qualifications and certificate requirements for your dream job.



Ever thought about volunteering?

One way of building up confidence is to develop your skills **before** you send out your CV and a good way of doing this is through voluntary work.

Volunteering will help brush up your skills or give you new ones.



Learn new skills and meet new people

Taking on voluntary work makes use of your existing skills and also exposes you to new situations and types of people.

It can be difficult to decide which industry to focus on so why not try various stints at different organisations that will allow you to experience many industries and see which is the right type of job for you.



Enrol on a course

You cannot realistically acquire all of the skills and experience of your dream job over night. However, select one or two specific credentials you are lacking, and make an effort to develop those skills.

For example, if you lack knowledge in a particular computer program, but it is a requirement for your dream job, sign up for a course that will help you develop that skill – speak to you local Work Zone.

Contact your local Work Zone

- **Chester Work Zone – 01244 972028**
workzonechester@cheshirewestandchester.gov.uk
- **Ellesmere Port Work Zone – 0151 356 6667**
epworkzone@cheshirewestandchester.gov.uk
- **Northwich Work Zone – 01606 288540**
workzonenorthwich@cheshirewestandchester.gov.uk
- **Winsford Work Zone – 01606 288901**
winsfordworkzone@cheshirewestandchester.gov.uk

Stay Positive

Don't let redundancy ruin your self esteem.

In today's economic climate, redundancy can happen to anyone. Losing a job can be a huge blow to your confidence and self-esteem, but there are things you can do to make yourself feel better and bounce back quickly after losing a job.

Stay Positive

- Give yourself a mourning period
- Don't pull away from family and friends
- Stay connected to former co-workers
- Look for other jobs
- Learn new skills and volunteer

Positive Thinking

- Don't feel sorry for yourself. It's easy to get down on yourself when you're looking for a job
- Embrace change
- Don't focus on the negative
- Don't give up

Positive Thinking

Determining what you really want to do and obtaining the necessary qualifications and skills can increase your chances of getting hired and boost your job choices.

And your confidence!



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Thank you
and
Good Luck



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