

## **Staying Positive and Selling Yourself - Top Tips**

### **Talk About It**

Even though you might feel like you're complaining, it's not a good idea to keep your redundancy frustrations bottled up. Talk with your partner or a friend about what you're going through; sometimes venting might be all you need to feel a little better. You can even speak with fellow redundancy friends/colleagues who will reaffirm that you are not alone with your feelings.

### **Be Realistic**

It's uncommon to get hired for a job when you've just barely started your job search. That's why you need to prepare yourself mentally that your job search may take some time. Of course, you can set some time-oriented goals for yourself, such as "I want to have a new job x months from now," to keep yourself on track.

### **Create a Routine**

Job searching can feel like a job in and of itself—and a thankless one at that, especially if you're not getting any job offers. To avoid spending too much time job searching, try to carve out a routine for yourself that makes sense with your other obligations. You might want to spend your mornings dedicated to your job search, and then have your afternoons free to do other activities. That way you won't feel like all you're doing is job hunting.

### **Get Goal-oriented**

It goes without saying that the goal of your job search is to, well, get a job. Thing is, getting hired for a job is comprised of many smaller tasks, such as making sure that your CV is up-to-par, and that your cover letter is customized for each job that you apply to. So in order to attain your major goal of getting a job, break it up into smaller, bite-sized goals that you can easily accomplish. By doing so, you'll be much more likely to accomplish them, feel better about yourself, and help expedite your job search.

### **Acknowledge your Achievements**

It's easy to get down on yourself during your job search, in order to stay positive while job searching, take time to review your achievements. Look at your CV and your cover letter and see how far you've come over the course of your career. Sometimes, having that reminder can make you feel better about yourself and give you a boost of confidence.

## **Enrol on a Course**

During your job search downtime, why not break up the monotony by taking a class? If you opt to find a class in your industry, it can definitely lift your job search spirits. It can not only help you feel like you're more in control of your job search, but it can also add new-found experience or education to your CV too. Also, classes are a great way to meet new people and increase your network. Plus, getting out of the house (and away from your job search for a while) can do wonders for your frame of mind.

## **Treat Yourself.**

On days when your job search seems to be going nowhere fast, be sure to make yourself a priority. Do something you love, like taking a long walk, getting physical at a salsa class or the gym, or just sitting down at your local coffee shop with a cappuccino. A simple splurge can reinvigorate you and put a more positive spin on your job search.

## **Get Inspired**

Visualization techniques can work wonders in helping people achieve their goals. If you're looking for a job, why not create a mood board or put up pictures that inspire you to continue your search? Maybe it's a photo of your family to motivate you to find a remote job. Whatever it is, putting up visual clues can help you stay positive (and productive) during your job search.