



Job search confidence hacks

Get work-ready for a trade career

Here's how to gain confidence and find motivation in your job search:

Approach your job search like it's a job and create a daily routine to keep you on the right track. It is a great idea to treat your job search like a project and give the project a name. Set yourself daily goals to make the overall target of finding a job feel more achievable.

Learn to think positively. Whenever you find yourself slipping into self-defeating thoughts, force yourself to stop and think of something more empowering such as, "I can do this!"

If you start to have doubts about what you are doing, take a minute and write them down on paper. Then, calmly and rationally challenge them. You might find that many of these doubts seem silly when you look at

them closely. But others might be valid. If this is the case, come up with a plan to deal with these issues.

Reach out to your contacts and keep building your professional network.

When you have a strong network, you can lean on them during a job search — and that can be a huge confidence builder. Most people are willing to help someone who is looking for a job.

Keep calling, emailing and applying for jobs. The more you reach out, the better your chances of hearing back. If you keep doing positive things for your job search, you will at least know that you are doing all you can. This will help you hold on to your confidence.

Don't be afraid to ask for help. It will not make you seem weak. If you need help or even just to chat to someone to get a boost, reach out.

Set yourself meaningful and confidence-building goals. Build on the knowledge and skills you need to achieve your goals. This might mean doing some studying, finding a mentor, or going on a training course.

Reflect on your successes. Take stock of your achievements and keep a note of them. It can be all too easy to forget past successes when the chips are down, so having them in writing somewhere will provide encouragement when you need it.

Practice deep breathing. Simple as it may sound, taking a few deep breaths when you're under pressure will help slow the stress response in your brain and relax you. Take a deep breath in for four counts, hold for four counts, then breath out for four counts (ideally with a big loud sigh!).

Put things into perspective. If a situation starts to feel overwhelming, take a minute to put it into context. Try to be grateful for what you have and focus on practical steps you can take to move on with courage and conviction. Looking back on a stressful event with the benefit of hindsight can help you understand your emotions and deal with similar situations more effectively in the future.

Exercise. The immediate, endorphin-fuelled positivity from exercise can make all the difference.

Do something each day to move. Walking is excellent therapy, even if all you can manage is to go around the block. Nature is a confidence-booster.

Pretend. Remember the old "fake it 'til you make it" technique. Even if you don't feel confident on the inside, projecting an air of confidence will inspire others to trust in your abilities.

Try adopting a power stance for two minutes and feel the confidence radiate.

FINALLY... envision a successful future for yourself. Using a visualisation meditation can help a lot. When you visualise, you focus on something specific — an event, person, or goal you want to achieve — and hold it in your mind, imagining your outcome becoming reality. You can use it to visualise yourself getting your new job!

Henry Ford said it best:

**Whether you think you can,
or you think you can't —
you're right.**

A great quote to keep close to mind while you are job searching.

Good Luck!