

Tips:

Talk about job hunting could deteriorate quickly into tales of frustration and rejection. Acknowledge the frustration and rejection, but try to bring the conversation back around to focusing on successes

What job did you get? What helped? How did you cope? What do you know now that will help you to be more effective / less frustrated?

When faced with the prospect of networking, people may respond with “but I don’t know anybody!”. Point out that the group itself is the start of a network, and brainstorm as a group what contacts individuals might have access to.

If people are actively engaged in job searching, it can be helpful to designate “homework” tasks, planning next steps and time frames. It is important to realize that there’s a time when each person needs to move from talking about job hunting to actually doing it. At this point, particularly if a person is overwhelmed or anxious, it can help to break things down into small, discrete, manageable tasks, with clear plans for when those tasks will be started and/or completed.

Outcomes:

By the time you have finished covering Brochure 6, participants should:

- a) be familiar with all the steps that are involved in job hunting.
- b) be familiar with several sources of job listings and leads.
- c) have identified at least one or two people who can help participant network.
- d) have some ideas about what to do if / when job hunting becomes frustrating or disappointing.