



HOW TO MAINTAIN A WINNING ATTITUDE!

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How to Maintain a Winning Attitude

A positive attitude is one of the most important characteristics of a successful job search. It has been said that if you doubt your own abilities and the companies you apply to, the more difficult it may be to land the job you want. Employers prefer people who believe in themselves and their skills, who want to work, who want to work for them, and who generally have a positive attitude.

While maintaining a positive attitude is vital to a successful job search, there will be times when you get discouraged. It may seem challenging to revive that positive energy level. There are some simple practices you can do to help recreate an optimistic outlook and maintain it. The following points can help you remain upbeat as you go through the different stages of your work search.¹

Choose Quality Before Quantity

Try to avoid comparing the number of applications you submit to the number of responses you hear from. Remember, the **quantity** of jobs for which you apply for is not nearly as important as the **quality** of your work search.

Choose employers you are interested in working for and apply for positions that suit your skills and abilities. You have a better chance of having a successful interview if you can demonstrate that your skills fit the position. Feeling confident that you presented yourself well may help you to prepare and look forward to the next interview.

Know That You Are Not Alone



Most job seekers encounter setbacks from time to time. Remember, there are others riding the job search roller coaster and experiencing similar highs and lows as you are. Receiving a call from an employer to give you the unfortunate news that you didn't advance in the process is typical. You can turn this experience around by taking the time to ask the employer for feedback about your interview. This will give you ideas on areas that may need improvement.

Expect that not being selected is a normal part of the job search process. If you can talk yourself into developing the attitude that every **"no"** could mean you are another step closer to a **"yes"**, your work search will seem more productive.

¹ This handout includes some information taken from www.nextsteps.org (accessed on October 29, 2008) and www.careerprocanada.ca/career (accessed on February 20, 2006).

Accept Change

People do not always deal with change well – it can be intimidating. If you can think of change as a positive step to move forward, you can then choose to manage the change and experience less anxiety.

The following reasons outline why change could be a positive step to make a decision and move through it:

- Change gives you a reason to develop your skills and abilities
- Change provides opportunity for you to follow your interests
- Change gives you a reason to invest time in exploring new career trends
- Change can increase your potential to learn and to live out new experiences
- Change can point you in a different direction, one that you have been dreaming of

Change is constant, so embracing change during your work search allows you to meet new challenges and progress in your work choices.

Ask For Job Search Assistance

We all need assistance from time to time. If you feel that your confidence is slipping, ask for help. Being honest about how you are feeling can assist in motivating you through those work search blues. Sometimes all it takes is an understanding person to listen to your concerns, provide you with support, and help you to regain your drive.

Fortunately, there is a lot of help available from experienced career professionals. These are the ways in which a career professional can provide you with assistance:

- If you are having difficulty determining the next step in your career, you could take advantage of various employment services to assist you in your planning
- If your resume is not producing the results that you want, consider speaking to a Job Coach
- If you are discouraged by your performance in an interview, schedule an appointment with an Employment Advisor
- If your job search strategies just aren't working, think about discussing it with a professional who specializes in work search strategies

These services are located in most rural and city centers across Canada. In Kamloops, you can contact the following services:

North Kamloops Work Search Centre

353 Tranquille Road
Kamloops, BC V2B 3H3
Phone: (250) 372-3803
E-mail: info@kamworksearch.com
Website: www.kamworksearch.com

South Kamloops Work Search Centre

623 Victoria Street
Kamloops, BC V2C 2B3
Phone: (250) 376-3111
E-mail: info@kamworksearch.com
Website: www.kamworksearch.com

Winning Points

Success depends on your attitude and a positive and well developed attitude always wins. Here are some winning points to take with you wherever you go:

- ☆ **Talk positively about yourself and your abilities!** What you believe about yourself is the foundation of your future actions.
- ☆ **Start each day on a positive, upbeat note!** The start of your day may set the tempo for the rest of the day. You can start your day by taking a walk, listening to your favorite music, or just enjoying a good cup of coffee or tea.
- ☆ **Take charge!** Accept responsibility for your life and your job search. Although networking is helpful, YOU are responsible for the success of your work search.
- ☆ **Flatter yourself!** The job search is no time to be humble. Read every complimentary comment about yourself that you can find. Letters of references, past awards, performances, etc. Paste these on a wall where you can see them daily and allow these to boost your spirits.
- ☆ **Get physical!** Keeping yourself healthy and in good physical shape will boost your energy level and make it easier to maintain a positive mental attitude.
- ☆ **Develop your skills and knowledge!** Take a class, subscribe to a career magazine, read the newspapers, and do volunteer work. Keeping on top of your skills and being aware of trends will help you feel positive about your abilities.
- ☆ **Take a team approach!** Even if the team is only two people, it is helpful to have somebody else to share ideas and network with, and to review your progress on a regular basis.
- ☆ **Don't take rejection personally!** Very few people land the first job they apply to or are interviewed for. You can see job rejection as a personal attack on your abilities or character, or you can look at it as an opportunity to grow and learn more about yourself.

A winning attitude also includes a conscious commitment to stick with it for as long as it takes. Even when you have had a great interview, don't stop the work search. In order to ensure that you always have something to look forward to, you must persist. Never give up on the process. It will happen!

Additional Resources

Websites

Next Steps	www.nextsteps.org/jobsearch/attitude.html
Resume Dot.com	www.resumedotcom.com/article2.htm
E-Job Coach	www.ejobcoach.com/articles/job-attitude.htm