

Holidays suggestions



Holidays can bring up situations that are uncomfortable when you are in between careers. Here are some suggestions to make this holiday season memorable for good reasons.



Job seeking



- KEEP working on finding leads, making new connections, applying for positions, and following up throughout December.
- Employers oftentimes need to quickly fill positions before the end of the budget quarter/year
- Christmas Parties are great networking opportunities



Support



- Enjoy quality time with family and friends.
- Let those around you in social gatherings know that being unemployed is not the end of the world or uncommon.
- Get together with other Longs Peak Networking friends.
- The holidays are a great time to talk about other people and not yourself. Find out more about your family and friends than you know right now.
- We are not alone. Find others in your family or friends who are in the same transition, and reach out to support them.

Conversations



- Stay positive and appreciative of the attention from family and friends, and don't dive into the well of negativity. Replies to people who ask how your job search is going can be chipper and brief, along the lines of "Oh, thanks for asking, I am making great progress in my search and always looking for new connections and advice. I am 100% confident I will get a great new job in 2010. Hey! What's for dinner, it smells delicious!"



More ideas on conversations



More ideas for what to say when asked what you do:

- Reply with the job you are trained and talented in doing. The conversation will come around to where you work, and at that point you can explain what type of company you desire to work with.
- Another approach is to reply "My job is finding my next career, and it's as interesting and challenging a job as any others I've had. I'm learning a lot."
- Tell your family honestly what is happening and how to support you. Also, if someone knows what kind of job you are looking for, they can help you look for it. Turning your family into a HR recruiting team is a good idea to help support you in your transition.

Gifts



- The whole world might be a kinder, gentler place if we all purchased handcrafted, local, and modest gifts for one another. You might also trade or buy items from a fellow crafter / baker who is also unemployed – I happen to know a lady who makes amazing fudge sauces for ice cream, so my whole family will get a special little custom treat this year.
- Give gifts of time, encouragement (simple note of appreciation, etc.), and opportunity rather than money.

Volunteering



- It's always a good idea to find a place to do significant work...even if you are not getting paid for it. Organize, coordinate, and manage...these are always marketable skills.
- Be your church's gift-tree coordinator or ...
- Do simple acts of kindness for others.
- Give to others in whatever ways you can.
- Give, and Get



Things to guard against



- While you don't have to attend **every** party, too much isolation during the holidays isn't good. If you can't bear the thought of being with friends and relatives while you're unemployed, perhaps get out and volunteer to serve those less fortunate.
- Avoid watching too much news, altering your sleep pattern from your employed schedule, too much food and too much liquor.

Things to guard against



- Retreat and restoration are fine, but when we withdraw from our sources of strength, we are only left with our own self-talk, which research says is usually negative
- You can hurt yourself if you gather with people who gripe about how terrible unemployment is and how they can't get jobs. So be careful who you talk to.
- Don't get hooked by the "I feel so sorry for you being unemployed. Isn't it terrible"
- Pity parties are okay with time limits. Write down stuff for 30 minutes or so, then put them in the paper shredder or fire

Your thoughts



- Journaling and prayer are time-proven tools
- Add your own ideas to Gordon's 50Interviews blog at <http://successfuljobseekers.50interviews.com/>
- If at any time you need someone to talk to, please call Gordon at 970-420-2408 or Pastor Drew from LifeBridge at 303-709-7167

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