

Hit a brick wall in your job search?

By Shelley Lowe Dorsey

If you think you are alone, you are not. Many job seekers eventually come to a point in their search where exhaustion sets in. They feel that have tried everything but can't seem to make any strides in their search. They literally feel like they have hit a brick wall. Does this sound familiar? What to do, what to do?

It's only natural to get discouraged when you see others getting jobs and you are sending application, after application, networking and revising your resume over and over with no results. Job search is a full time job – a job in itself and hard work.

If you are experiencing this type of frustration, maybe it's time to switch gears. Have you ever thought of doing something different or reassessing your goals? Revisit your plan of action to see what you can adjust, add, subtract or revise in your plan.

Maybe you are looking in the wrong field and it is time for a change. Your head is saying one thing but your heart is telling you something different. This juxtaposition could be coming through to employers as not the right fit. Industry research will help with this. Use the library and resource centres to find out where the jobs are, who's hiring, and what skills are in demand right now.

If you are sending out resumes with no replies, there might be some glaring oversights in your resume that you can't see. Having a second eye or opinion might serve you well. If you are getting interviews but no offers, something in the interview stage might be the problem. Now is when you should have a practice interview or video tape yourself so you can see what you might be doing to give off a certain negative impression. And if you are going to interviews and getting offers but they are not the jobs you want, maybe your goal has not been defined well enough to be aligned with your desire. These are some things to think about.

Barring redirection, maybe a well-deserved break is needed. You still deserve a weekend, some fun, do the things that bring you joy and build your confidence. Use the break to catch up on things, appointments and visits and reconnect with friends and family and enjoy this time. Once you find that ideal job, you will be too busy to relax. Remember to stay healthy and fill your bucket with energy, support and knowledge. It will get you through.

The people at The Centre for Education & Training are skilled at helping you break through that wall. All you have to do is visit one of the Employment Ontario funded centres for help.