

JobLoss

Dear Friends, I know for many of you this is a scary time and some of you have either lost your jobs or know someone who has. What can you do to help yourself succeed at this time? Here are my top five suggestions to keep you focussed and hopeful.

1. Spend each day looking for a job as if it is your full time job- talk to your friends, family, network2. Call companies that are hiring and tell them why you are right person for the job- you just might get an interview!3. Look on special/less traffic job boards - facebook, craigslist, university/college job sites4. Use Recruiters - if they have a job posting that fits your experience call them!5. Get your resume professionally written - Judy James from Your Ultimate Resume can help resumes1@telus.net (tell her Career Fox sent you)

Hope this helps. Keep your head up and go for it! Julia Cordray