

Ready...Set...Go!

coaching you toward your best future

Career Confidence



George Fox University
Career Services

Career Services: Vocation & Calling Fitness

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It's All in Believing...

- Have you ever wondered why job seeking can give you the jitters, make you stressed, take an immense amount of energy, strip you of your confidence?
- Well, there's probably more than one reason for these things, but I want to suggest a way to alleviate some of the pressures that can work against you in that all-important job search. If it were a pill to take, it might be easier, but consider this overlooked remedy with long-lasting and far-reaching results.
- What you believe can build your confidence.

Believing in Yourself?

- ❑ This does not refer to an unattractive cocky, arrogant attitude, but rather something that is generated from within that is wholesome and powerful beyond words.
- ❑ Think about your ability to make decisions, to learn, to creatively problem-solve, your giftedness – special talents, personality.
- ❑ We believe daily in a lot of things, so why not ourselves?
- ❑ Hold yourself in high esteem and others will, too.
- ❑ Take those negative thoughts that might exist in your mind and trash them.
- ❑ Thinking on those things that are truly beneficial will lead you to the beneficial.

Believing in Your Education?

- It may be that you think your education in the liberal arts was not as job-specific as it could have been and that leaves you wondering what you are really prepared to do.
- The answer to that is 'many things' and you have your school alumni to prove it.
- It may benefit you to think about what you have learned; knowledge and skill in your coursework.
 - I read in Liberal Arts News about anthropology students who can analyze and communicate complex ideas with a cultural awareness and nonjudgmental approach. Impressive!
- The good news is that job choices for liberal arts grads will have increased along with the salaries in today's recovering job market.

Believing in Your Experience?

- You may be concerned that you don't really have the experience that an employer would want.
- Challenge that thought by listing your activities on and off campus, volunteer work, part-time employment, summer jobs, internships, service learning, work study, leadership roles and significant class projects.
- It is likely that you have stories to tell about your:
 - ability to communicate and write
 - interpersonal and teamwork skills
 - adaptability
 - analytical thinking
 - proficiency with information
 - self-motivation with vision
 - problem-solving and computer skills
- This is what employers say they want.

Believing in the World of Work?

- It is there and will be for some time barring an unforeseen catastrophe.
- It will remain challenging, in need of workers, and a provision for a variety of options; perhaps temporarily different from what was anticipated.
 - There is the graduate in religion who is happily working in a tire company management or the graduate in education who is working as a trainer for a software company.
- Some are living their dreams, others are creating a dream as they go.
- Even a downturn in the economy might stimulate a new idea for employment rather than resulting in something less constructive.
- We are in a “job shift” economy where current titles may not exist in a few years, but new ones will probably be on tap. Want to be a leisure consultant?

Believing in Your Support Network?

- ❑ They are your cheering squad; family, friends, faculty, alumni and career personnel to name only a few.
- ❑ People are connected to people and that is how information flows.
- ❑ Many of the jobs available to you will come through replacement jobs, so you need to learn about those openings by being in the right place at the right time via the “grapevine.”
- ❑ It can happen more easily than you think if you strategize and allow others to practice what they do best; talk, talk, talk about you needing a job.
- ❑ And please don't overlook the aspect of nurture and support at a time when your life appears unstable.
- ❑ Let others carry you through some of those rough spots in the job search.
- ❑ Many can offer hope; a valuable gift.

Believing in Your Calling or Purpose?

- It is one thing to find employment for employment's sake; it is quite another to find employment with meaning and fulfillment along with other amenities.
- What is a life lived without purpose?
 - I dare to venture that it could be rather empty and fruitless in the long run.
- What is life lived with purpose?
 - Perhaps, it is the gold at the end of the rainbow, where there is enough to go around.
- Finding purpose can be a challenge, but not without reward to be sure.
- Devote some time to this activity; seek to know yourself deeply, and then translate that into the world of work.
- What a wonderful world it can be because you believe in your calling.

Believing in Your God?

- ❑ God is unchanging in a changing world, creator of you and work.
- ❑ He knows about finding your life direction and that place suited for you to use your God-given talents (Mark 14).
- ❑ Psalms 90:17 indicates that God can confirm the work of our hands.
- ❑ Eph. 2:10 says we are created in Christ for good works.
- ❑ In Jeremiah 29:11, God tells us about His investment in us: “I know the plans I have for you,” declares the Lord, “plans for welfare and not for calamity to give you a future and a hope.”
- ❑ A job search can be a great circumstance for soul-searching and God-seeking.
- ❑ Facing uncertainty and the unknown can be best faced with the solid support of the Maker of the Universe.
- ❑ Perhaps the greatest benefit of your search won't be the job, but that you know God in a deeper way. What a concept!



Consider this...

**Believe it and
watch your
confidence rise!!**

Contact Us

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