

Be Mentally Fit for Your Career Search

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Finding a career is a lengthy and daunting process. You will have more success if you have assistance and are prepared. Being mentally fit is also an important part of doing well in an interview, which is crucial to landing the career you want.

One way to be mentally fit for your career search is having a firm supportive network around you such as family, friends and other career seekers. Family and friends serve as motivation and support as well as your eyes and ears for positions that are not publicly posted but shared with internal employees. Other career seekers serve as partners in your career search by sharing best practices and information on available opportunities. They can also provide information about experiences from applying or interviewing at targeted companies.

Another way to mentally prepare for your career search is being involved in other activities while conducting your search: these include volunteering at a community organization, enrolling in a training program to keep your skills polished or being physically active in something to relieve anxiety and relax your mind. Volunteering at a community organization while searching for a career will demonstrate good character and work ethic to a potential employer; this could also create additional support that will be able to help you with your career search. Enrolling in a training program will help you update your skills or even develop new skills that will make you more attractive to an employer. Being physically active in sports, exercise or dance will increase your mental and physical agility to better cope with the anxieties of the career search. All will provide you with an explanation for employment gaps on your resume, letting an employer know that you have not been sitting around unsuccessfully looking for a career.

Finally, be realistic with what you are trying to attain and have an effective strategy for how you will be successful. Know what type of position you are looking for, what you are willing to do and the minimum pay for any position you are willing to take. Know your skills and experience well and apply to positions that you are qualified for rather than any open position available, as this will save you time and cut down on disappointments. Furthermore, you must know what you do well and be able to convey this to a potential employer. Ask yourself, “What do I do better than most?” “What can I bring to the table and can hit the ground running with at a target company?” Make sure what you do well is what the employer seeks in an ideal candidate. If you are able to answer these questions consistently, you are better mentally prepared than if you are not able to do so.

Career searching is a lengthy and discouraging process as you are not the only person searching for a career. It's a process filled with rejection, confusion and over exposure. Be prepared to cope with rejection as well as attain success. There will be other career seekers who apply for the same positions as you, some more qualified as well as some who know someone who influences the hiring manager. Be prepared to apply to many careers and interview for multiple positions before securing a career. Being mentally fit will help you maintain the confidence that every prospective employer sees when they first meet you. Being mentally fit is an important part of being well-prepared for achieving success and getting the career you want.