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Help Wanted in Sammamish

First Mutual Bank is hiring a full-time Bank Teller. Requires good customer service skills and abilities with numbers.

Do you love to work with children? Sammamish Spanish Pre-school is hiring a full-time teacher. One year experience required.

Contact Amanda for more information. 425-868-3345 or amanda@careersolutionsplus.com

Sincere Networking in Sammamish



Amanda leads a group of Sammamish small business owners, who meet every third Wednesday of the month to network and share ideas. New members always welcome. For more information contact: Amanda Johnson at 425-868-3345

Visit Amanda at

Dear Julie,

Finding a job is a job itself. It requires lots of hard work, determination, self-confidence, and most importantly, self-motivation. Keeping motivated, especially in this economy where professionals are out of work for longer than they anticipated, is often the most difficult piece of the job hunt.



To help, I asked my job-seeking clients how they stay motivated and I'd like to share their tips with you. Some may be new ideas for you. Others will confirm that you are on the right track. Clients said repeatedly that staying connected was the key to staying motivated. In the article below, you will find many ideas to connect with people, organizations and ideas. I hope you find it helpful for your job search.

Warm regards,

Amanda Johnson
Career Consultant, Career Solutions Plus
www.careersolutionsplus.com

11 Ways to Stay Motivated in the Job Search

1. **Keep a routine and set daily office hours.** Act like you are working every day, with set breaks and schedules. Create a dedicated work space, just like you'd have in a paying job, for important routine job-search activities such as

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- research and following up with contacts.
12. **Set goals that are achievable and realistic.** Setting a goal of making 40 contacts a month may seem unfeasible, but if you break it down into smaller steps it becomes more manageable. If you speak to just two people a day, that adds up to 10 a week. By month's end you'll have made your goal of 40 contacts.
 13. **Take time to exercise.** Walk, run, go to the gym. Team up with a friend for support. Being out of the paid workforce for any length of time can take a toll on emotional health. Exercise will help. Sometimes, it's just plain hard to do it, but as part of your routine, it will happen and you will feel great for doing it.
 14. **Stay positive.** As hard as it can be at times, everyone agreed that a good attitude is crucial in this job market. Find something good in each and every day, even if the day did not go as planned.
 15. **Stay connected.** Don't isolate yourself in the house. Get out and make contact with other people every day. Who knows you are looking for work? Everyone should because everyone is a potential source of help. Meet your neighbors, connect with parents of your kids' friends, acknowledge people at the gym, the grocery store...everywhere you go.
 16. **Join groups and associations.** Attend free seminars, meet other professionals, and offer to talk on a subject you are knowledgeable about. Clients say this makes them feel professional and valued, as well as providing a networking opportunity. Join a support group or create your own. Surround yourself with people of the same positive mindset. Help and motivate each other.
 17. **Volunteer and get involved in your community.** Share and demonstrate your knowledge and skills with a non-profit organization. Do something new or just for fun. Check www.idealists.org or type "volunteer and your city name" in your favorite search engine to see what is needed in your area. It's a great way to network and feel valued.
 18. **Hold neighborhood events** such as garage sales, holiday get-togethers, food drives and emergency-preparedness meetings to expand your network.
 19. **Take classes.** Enrollment levels at local community colleges are the highest ever, which is understandable in this climate. My job search classes at Bellevue College are full of students eager to learn techniques for finding employment. This is an opportunity to add value to your resume. Plan ahead because of the

demand. Meet with financial aid experts early if you plan to study full or part time.

20. **Raise your profile.** Social network on Twitter, Facebook and LinkedIn. They all have value, but LinkedIn is the site that most business people use.
21. **Work with a professional.** Job-search experts can give you the extra boost you may need. I am always happy to talk to new clients and demonstrate how effective my skills can be.

*Beyond the Resume Workshops feature the Dependable Strengths® training developed and refined for more than 50 years by the renowned Dr. Bernard Haldane. His work is continued by the Center for Dependable Strengths® in Seattle, Washington. Amanda delivers this curriculum through the "Beyond the Resume Workshop" which reflects the specific needs of her clients.

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