

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Job Hunting Tips #4 Accepting Judgment**

**By Virginia Bola, PsyD**

**Job Hunting Tips #4 Accepting Judgment by Virginia Bola, PsyD**

Applying for work is stressful, no matter the circumstances. Even if you are already working, and merely looking to see what else is out there, you still want to be offered the position. If you realize, half way through an interview, that you would be miserable working for this company and you wouldn't let your dog take the job, you still want it to be offered. If the hours are unsuitable, the job duties demeaning, and the salary a joke, you still want to be made an offer.

Why is it so important to us to have an offer made which we already know we will reject?

It is important because we are aware that we are being judged. We talk about skills and experience and prior accomplishments but that has already been outlined in a resume. A face-to-face interview is for the purpose of judging you as a person: Will you fit in? How do you express yourself? How do you look? Are you pleasant to have around? Are you likable?

If a job offer is made, we feel validated and worthwhile – they liked us. We never think "He really didn't like me but my skills are so great." We want to be liked, we want to be wanted, we want to be appreciated for what we are.

If no job offer is forthcoming, we take it personally: "I guess they didn't like me." Regardless of our whether our skills were a fit, our salary in the ballpark, or our

experience applicable, we feel a personal failure. The negative messages of a lifetime, stored in our brain, start playing: "I'm just not good enough. I'm worthless. People don't like me. Why do I always mess up? I'm such a failure. Why can't I be more like . . ."

We mentally beat ourselves down by listening to those constantly recycling tapes. Our spirits sink, our energy evaporates, and our self-esteem plummets. This negativity, and its destructive effect on our psyche, can be contained by three techniques:

1. Awareness of what our mind is doing and consciously interrupting its tirade.
2. A refocus of our mental attention to prior successes and accomplishments, no matter how small, to counter the idea that we are lifelong screw-ups.
3. Reframing our value as a person from the specific employee/worker role into the total personality that we are: in our intimate and social relationships, in our family, in our community.

Applying for work sets us up to be judged but we need to remind ourselves that only a small discrete portion of who we are is being examined. As a whole person, we are far more than a worker and no employer can judge us on our totality.

Dr. Bola operated a rehabilitation company, developing innovative job search techniques for disabled workers, for 20 years. A licensed clinical psychologist, she directed vocational programs for the mentally ill, served as a Vocational Expert in administrative and civil court, and pioneered vocational testimony in Workers' Compensation. Author of *The Wolf at the Door: An Unemployment Survival Manual*, she can be found at: <http://www.virginiabola.com>

### **From The WorkWise Collection: Job Hunting in the New Economy**

**By Mary Jeanne Vincent**

To succeed in today's global marketplace, companies must hire the best and the brightest. Having talented employees can make the difference between success and failure.

Job hunting in this new economy is competitive, dynamic, results-driven, and requires your best efforts. In the past, jobs and careers were permanent, stable, and predictable. Today all of that has

## Job Hunting Tips #4 Accepting Judgment

changed. Jobs, careers, and the world of work are transient, unpredictable, and involve risk. If you want to be successful, you have to take smart risks, know the rules, and play by them.

To set yourself apart from the competition, follow these job–hunting tips for the new economy:

1. Know what you have to offer. What are you selling? What specific skills, experience, and knowledge do you bring with you? The question employers want answered is: "What can you do for my organization?"
2. Create solid marketing materials and package them well. Does your résumé present specific accomplishments, complete with results that demonstrate what you can do for a potential employer? If not, why not? Is it clean, neat, and easy to read?
3. Make it easy for employers to hire you. Think about a variety of options that could work for you and the employer. Keep an open mind about when, where, and how the work could be done. Cutting off the discussion too early can result in lost opportunities. Whereas maintaining an ongoing conversation can lead to innovative solutions that suit both parties.
4. Take the initiative in selling your services. Let people know what you have to offer. Give employers a reason to talk with you; they need to know the benefits that hiring you will provide them. Be prepared to offer that information, even if they don't ask for it.
5. Think about the employer's needs, not your agenda. Never mind your agenda (getting a job), think about their agenda (solving a problem). What problem are they trying to solve? Describe how you can help. Then follow up, follow up, follow up.

Apply these job hunting tips and you are sure to set yourself apart from the competition, shorten your job search, and find the work you love!

Hi, I'm Mary Jeanne Vincent. I help real job seekers just like you find jobs that meet the triple–F test: work that's fun, fulfilling, and financially rewarding. Ask about WorkWise Words of Wisdom Uncover Your Passion tip cards—50 easy–to–use tips guaranteed to jumpstart the process of finding the work

you love and loving the work you do. Only \$24.99! For information, write to:

or call 831.657.9151.

From The WorkWise Collection: Job Hunting in the New Economy  
Top 10 Super Job Interview Tips  
Job Hunting Tips #2 Self–Preservation  
Using the Internet in Your Job Search  
Be the hunter, not the hunted – Hunting Safety Tips everyone should know

Character Counter Software

Time Stretching Tips  
The Ultimate Guide To Acing ANY Job Interview  
The Art of Kissing  
Stress The Silent Killer



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**