

With the best intentions

How to deal with
your surroundings
as a jobseeker

makio


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– How to deal with your surroundings as a jobseeker

Most people experience it one or more times during their work life: Being a jobseeker. However, we can still find it hard to talk about it.

As a jobseeker it can be difficult to answer all the – well-meant – questions. Likewise, it can be a tough task to ask the right questions as friends and family to a jobseeker.

In the middle of it all, the situation can be hard to handle. For both part-takers. Through this pixie book, we want to make that easier. On the next few pages, you can read more and get tips on how to deal with your surroundings as a jobseeker.



WE CAN ALL STRUGGLE
WITH TALKING ABOUT
BEING JOB SEEKING.

YOU'RE NOT ALONE!

The well-meant, but not always so easy questions

When becoming unemployed, you might experience that the people standing close to you – your family, partner, friends and acquaintances – have opinions on your job search. Opinions on when you will start the search, which jobs you will apply for, how many jobs you should apply for, and how you should apply.

HAVE
YOU
TRIED...?

WHEN WILL
YOU GET
STARTED?

The storm of questions is positive and is an expression of wanting the best for you. You're out of your comfort zone and this activates the "fixer genes" in your relations. But does it help you?

Your adviser in Makio is your work pal on the road to your next good job and is an expert in this field.

Your adviser works neutrally, without prejudices and preferences towards you and your background. Therefore, it makes sense to have a word with your adviser about the recommendations and tips you get from your friends and relations.



YOU JUST
NEED
TO...



WHICH JOBS
WILL YOU
APPLY FOR?

It might actually be good advice from people who know you. On the other hand, it can be quite confusing to consider different – and often conflicting – proposals. In addition, your friends and relatives speak from their individual point of view and do not always know the full picture of your situation, or maybe they take a position on things they have no prerequisites for. Share your thoughts with your adviser.



HOW MANY
JOBS HAVE
YOU APPLIED
FOR?

5 common comments – and Makio's advice on dealing with them

1

Your CV/your application should look different!

(Look at mine which got me my job)

Your adviser says: What works – and doesn't work – for CVs and applications is under constant development. Your CV should reflect no one but you and the application should show your coming employer how YOU can fulfill their needs. Your adviser knows about the newest trends and which – positive – traits make you stand out.

2

You just have to send a lot of applications, then you'll no doubt get a job.

Your adviser says: When you know your skills and what you want in a job, you can target your applications and the possibility of hitting the bulls-eye will be larger than with a scatter-gun approach.

3

Shouldn't you get started on sending some applications?

Your adviser says: Yes, when you're set to go – and set on what you are able to, what you want and what you are willing to agree to in a future job – and have put it into words.

4

It shows you in a bad light if you let them know that you've been fired, so don't say anything!

Your adviser says: No. Quite simply. Honesty is the best policy and if you get caught lying, you lose your credibility in other areas as well. Your adviser will help you figure out when and how to say it.

5

It will certainly be hard for you to get a job when you're so old, so young, in child-bearing-age, just gave birth, are single, lack education, are too experienced and expensive, have been on sick-leave...
(you name it)

Your adviser says: We all have a "sore toe" standing in the way for what we strive for – a job, a life a partner, know-how, education or happiness. Luckily, we all also have something uniquely good to offer. Here too, your adviser will help you get a clear sense of what you have to offer.

Helpful questions to turn over the conversation

It's important that your relations don't become painful. That you can still feel comfortable and that you don't become afraid of being too rejecting towards the people who ask (too much).

Often, some quite cool conversations can evolve if you ask questions to your friends and relations a bit differently. It may take some practice being able to "turn over" the conversation like this.

On the following page, you can get some examples of questions that can help the conversation move on.

Happy mingling!

Enough about me –
How are you?

If you had to do
something completely
different for a living,
what would you do?

Enough about which
job I'm dreaming
of – what are your
dreams?

Thank you for
asking about me,
I'm happy that you
do. I spend so much
energy on this daily,
that I would rather
like to hear about all
sorts of other things
today.

Thank you for your
interest and support.
Right now, I'm in the
middle of a decision-
process, but I would love
to get back to you if I
get the need – Would
that be okay?

Ways to introduce yourself

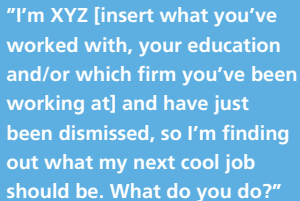
For many jobseekers, social arrangements can be a challenge. Honestly, all of us probably know it. The feeling of being a bit out of place. Not rich enough, smart enough, famous enough, etc.

Thus it's completely natural wanting to hide in the corners a bit and cancel social activities.

It's alright to do that in the first period of being unemployed. After this, however, it is our warmest recommendation that you get out there, so you can get new input and spread the word about which job you're searching for.

You'll probably learn that quite a few have been in the same situation as you.

Maybe, you find it helpful to draw inspiration from this introduction:



"I'm XYZ [insert what you've worked with, your education and/or which firm you've been working at] and have just been dismissed, so I'm finding out what my next cool job should be. What do you do?"

Get help from your adviser on how to get started if you're struggling. **We wish you all the best with keeping your good relations!**

Letter from a jobseeker

Dear family and friends,

I'm looking for a new job, and I know that you, as someone standing very close to me, would like to help me with that.

However, what I need the most at the time is to figure out exactly what it is I want to work with. My next job must and will be the best for me! For this purpose, I've teamed up with an adviser from Makio. They are specialists in helping laid off people into their next good job.

The best way you can help me is by believing that I'm doing this the right way.

This is a new situation for me. Sometimes, I feel impatient and eager, at other times reluctant and hesitating. And instead of just bursting out to my whole network now, I would rather wait, so I can be sure to get out the right message in the first try.

This also means, that there might be some jobs which you maybe think were made for me, but which I figure out are not what I'm looking for here and now.

Please have faith in my judgement and patience with my process toward the job - I myself sometimes think it all moves too slowly because after all, I'm really only satisfied when I have found and gotten my new job.

I can get excited about interesting jobs or job interviews on the way, but I will probably have to write a whole lot of applications and attend more interviews before I reach my goal. I'll be happy if we don't have to discuss my job search every time I see you. I promise that I will tell you when I've signed a contract for my next job!

But does this mean there is really not anything you can do actively? Yes, there is! I would be very thankful to you, if you would help me when I get the need to get in touch with your social network or need your unique knowledge. I would love to be able to reach out to you then - is that OK?

Also, I really appreciate that you give me a heads up if you hear about a job that could be relevant for me. However, I can't promise that I will apply for it – it should not be interpreted as ungratefulness – but rather as me working determinedly and professionally.

Thank you for understanding – and thank you for caring about me!



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Most people experience it one or more times during their work life: Being a jobseeker. However, we can still find it hard to talk about it.

As someone close – a partner, friend, sibling, parent or acquaintance – to a jobseeker it can be hard to show your support. To ask the right questions. Maybe you're tiptoeing around the subject? Maybe you accidentally start a whopper of a fight everytime you try to bring it up? Or you experience that your partner, friend or acquaintance is pulling back?

The situation can be hard to handle. For both you and your surroundings. Through this pixie book, we want to make that easier.

On the next few pages, you can read more about and get tips on how to support a jobseeker.

**The situation can be hard to handle.
For both you and your surroundings.**



Which type of friend or relative are you?



INQUISITIVE TOM

When will you start applying, how many jobs have you applied for, have you tried to...?

(Implicitly: Why are you not telling me anything? Are you even doing anything?)

FIX-IT-FELIX

You just have to do what I did, I did this and that worked, you just need to send a lot of applications, you just have to widen your search.

(Implicitly: Come on, do something!)



SNAPPY SUSAN

What have you gotten done today?

(Implicitly: Why haven't you tidied up, cleaned,

done the laundry, mowed the lawn, shopped groceries, picked up the kids, cooked etc, now that you're just staying at home anyway.)



ANXIOUS ALAN

Have you heard anything from [insert firm]?

(Implicitly: Will something happen anytime soon? It would be nice with some double salary

at home. And what if you don't get a job soon? Are we then forced to cancel our vacation, sell the house etc.?)

PROTECTIVE PATRICIA

Are you good, honey? But are you sure?

(Implicitly: I'm worried about how you're taking this, that you're getting stressed out, depressed, angry, and worried about whether you will ever get ready for a job again.)



Are you a good listener?

Life's too short not to have a cool job – and the process will take the time it takes. At times, jobseekers can experience that their nearest ask them an extreme amount of questions. Also, they can get an extreme amount of different – or even contradictory – advice that varies from person to person.

It's easy to make someone feel interrogated. Think about how questions and comments can sound like from the jobseeker's point of view. Trust that your partner, friend or acquaintance is doing things the right way – and, by the way, is getting professional guidance from his or her adviser. So have trust and patience.

We know that it's about you wanting the best for the jobseeker. We also know that a jobseeker per definition is out of his or her comfort zone – and that activates your “fixer genes”. But how do you then help your jobseeking friend?

WHAT ARE YOU LISTENING FOR?



To listen is to help

As a partner, friend or acquaintance to a jobseeker, it's a good thing not to ask questions all the time. In fact, the most important part is to listen!

However, there are some good question you can ask. You can start like this:

- "I want to ask you something – would that be alright?"
- Ask your question – and then listen! Hold your horses with the good advice and instead let the answers and ideas come from your jobseeking partner, friend or acquaintance.

- Ask directly and specifically: What happened? Who said what? What did you do next? What are your thoughts about it? What is occupying you the most at the moment? What can I help you with?
- Don't take it for granted that your jobseeking friend or relative wants to do the same for a living as he or she did before, and don't think that you're the one who should find the job for them. So start by listening to what he or she really wants before you forward job posts.

Nice to know

To be a jobseeker is not an illness. And it most definitely doesn't transmit!

Of course, you already know that. But actually, a part of our worrying is due to a psychological activation of the thought: What if that was me? And how does it affect my life and my social status that one of my closest doesn't have a job?

Being close to a jobseeker can quickly become overtime work. Remember that it is a passing phase. It's common with mood swings, good and bad days – and it can be hard to leave the bad mood behind when you are your own "employer".

Take it seriously if you experience that you partner, friend or acquaintance is more than commonly stressed. Be aware of symptoms like insomnia, irritation, irascibility or is having trouble with his/her memory.

It is completely OK to let your partner, friend or acquaintance know that you're worrying. And you are more than welcome to encourage them to talk with their adviser in Makio about it. We've tried it before.

We wish you all the best with supporting your jobseeker!