



careers advice pack

### 3. Get your motivation going



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### Get your motivation going

Job searching is tough. Whether you're returning to work after a career break or thinking about changing career direction, there will be practicalities (I need to earn some money) and feelings (I worry about leaving my children) involved in your decision. There will be things that are driving you on and things that are holding you back.

You'll need to think about what needs to happen to:

- Reduce the impact of things holding you back
- Increase the impact of things moving you forward

One thing that might be stopping you is lack of confidence – many women find that even a few months out of the workplace affects their self-belief. Give your confidence a boost by reminding yourself of what you like about yourself and what you do well.

The two next coffee break exercises are designed to get your motivation going.



Coffee Break exercise: **OBSTACLES & IMPETUS**

If you're struggling to make progress in getting back to work, there are probably underlying reasons. This exercise will help you identify them, and begin to think about how to overcome any obstacles.

**What to do**

**Step 1.**

Consider the feelings, issues and factors surrounding your return to work. These may be practical things (I want to earn money), or more emotional (I worry that I won't find suitable childcare). Write each down in an arrow in the relevant column.

**Moving Me Forward**

**Holding Me Back**




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### **Step 2**

Now make some notes on what needs to change...

- What needs to happen to increase the impact of things moving me forward?

- What needs to happen to decrease the impact of things holding me back?



Coffee break exercise: **CONFIDENCE BOOST**

Has it been a long time since your last job? Are you feeling out of the loop and lacking in confidence? Remind yourself how great you are!

**What to do**

Complete the following sentences and give your confidence a boost:

One thing I like about myself is

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One thing others like about me is

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One thing I do very well is

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A recent problem I've handled very well is

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When I'm at my best I

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I'm glad that I

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Those who know me are glad that I

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A compliment that has been paid to me recently is

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A value that I try hard to practise is

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People can count on me to

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They said I did a good job when

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Something I'm handling better this year than last year is

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One thing that I've overcome is

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### Positive thinking

Returning to work after a break, changing career, coping with redundancy or starting a new business can be challenging. There may be times when you feel really positive about what you're doing, and other times when you feel a bit down. Remember that our thoughts have a direct impact on our actions and this in turn can influence our reality. If you don't really believe you can get back to work how will you ever convince an employer?

Be your own best friend. Think about how you encourage others - your partner, your friends or your children. What messages do you give them? Give yourself the same sort of encouragement. Think about other challenges you've faced in life and how you overcame them.

We love these quotes:

*"Every day is a new beginning. Treat it that way. Stay away from what might have been, and look at what can be."*

(Marsha Petrie Sue)

*"No one can make you feel inferior without your consent."*

(Eleanor Roosevelt)

*"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."*

(Mark Twain)