

# Mental Preparation During the Job Search

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JOB SEARCH SERIES **PRESENTATION #25**

DURING THE JOB SEARCH SUBSERIES

TENONPREP



# Learning Outcomes

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01

Understand why this part of the job search can be mentally exhausting

02

Understand the importance of using your Strategic Job Search Plan as an anchor

03

Understand why de-stressing from job search activities is important





**This Part of the Process Is a Mental and Emotional Rollercoaster**



# Use Your Strategic Plan as an Anchor





**You Can't Control What's Out of Your Control**





# Dedicate Time to De-Stress



# De-stressing During the Job Search

**LIVE ONLY**

