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CAREER REPORT SAMPLE

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Your job search

The following personal statements are generated by your answers to The Birkman® Method questionnaire. Carefully read each statement and check the statements that are most significant to you. Discuss with a trusted advisor or friend how your selected statements impact you -- past or present.

SECTION 1: Approaching your job search

- Directly ask those you know for networking contacts
- Use your broad network of friends to make further contacts with people who may be able to help you
- Use your organizing approach and follow a structured plan as you pursue your job search
- Though money is important to us all, you'll be happiest in a job that matches your personal value system
- If possible, actively start your job search as soon as you can
- You'll feel you're achieving most if you pursue several different lines of inquiry at the same time
- Use your natural decisiveness: remember that the time to act is now



SECTION 2: When the job search becomes stressful

- You're tempted to withdraw or hide when things get tough
- When the job search gets hard, you can simply run out of steam
- It can be easy for you to start to see the very worst side of your situation and to feel very low
- You can find it hard to sit still and concentrate on what you committed to do, because it's easier to keep trying something new
- Particularly when you're under stress, you can find it hard to commit to a decision

SECTION 3: Finding and developing a support group and/or process

- One or two close supporters are more beneficial to you than a group of more casual friends
- Map out periods of time when you can relax completely and forget about your job search for a while
- Find supporters who will talk matters over with you when tough decisions have to be made