



handle
recruitment

**SUPPORTING
YOU**

and your
career



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recruitment

INTRODUCTION

to this guide

if a job search is not going to plan it is very easy to become frustrated by the things that are beyond your control. If you are currently out of work and struggling to find your next role, now is the time to re-assess and find clarity.

To support you through the coming weeks and months we have collected the resources, support and guidance that will help you get through these challenging times.

Good luck and stay safe!

BEGIN BY LOOKING AFTER YOURSELF

If it's exercise, meditation or mental wellbeing, here are a few resources to support you.



Meditation and
Sleep



Mindfulness for
everybody



Conscious
media



The Science of
Well-Being

WHAT DO YOU REALLY WANT?

Now is the perfect time to dig a little deeper and understand your real motivations and define your true purpose.



TASK:
The 16
Personalities
Test



READ:
How To Find
Meaning In Your
Job And Work
Happily



DON'T STAND STILL

Is there something that you have wanted to learn or something that is missing from your CV? Set daily goals or challenges that will help your future self.

The TED logo, featuring the word "TED" in bold red letters above the tagline "IDEAS WORTH SPREADING" in smaller white letters.

TED
IDEAS WORTH SPREADING

WATCH:
Search the TED
Talks library for
inspiration

A large, white, serif capital letter "M" on a dark background.

M

READ:
8 Timeless Skills
to Learn Now in
Under 8 Hours

PODCASTS & PLAYLISTS

If you are looking for inspiration, trying to relax or desperate to learn something new, look at your listening habits. Try listening to a new or different artist every day or try a new podcast to push yourself out of your comfort zone.



Pivot with
Jenny Blake



The Accidental
Creative



The Squiggly
Careers Podcast



The Random
Song Generator

MAKE NEW CONNECTIONS

Armed full of new ideas and a clearer direction of what you want to do, who would be in your perfect network? How could you get in touch? Be brave and make contact.



Find a Meetup Group



Build your personal brand



Search for online networking events



READ: Do's and Don'ts of Online Networking



WHAT NEXT?

Are you career ready? Revisit your CV to make sure it is in the best shape possible, clean up your social profiles, keep in touch with your core network and stay on top of the latest trends and opportunities.

Most importantly, don't get frustrated, show empathy to other people and keep doing what feels right to you!

OTHER RESOURCES

A GUIDE TO...
the perfect CV



A GUIDE TO...
preparing for
an interview



HANDLE.CO.UK

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