

**{ preview }**

## **Unit 6: Positive Self Image**

**Building and maintaining self-esteem and self-confidence in the job search**

After completing this unit you will:

- i) be able to use the eight strategies for building and maintaining self-esteem and self-confidence in the job search

**The Job Winners<sup>®</sup> Guide for  
Young Adults**

© Rupert French 2011  
[www.jobwinners.com.au](http://www.jobwinners.com.au)

It is illegal to reproduce any part of this document without an official licence issued by The Job Winners<sup>®</sup>

<sup>®</sup> The words Job Winners are registered as a trade mark

*manual\_unit6\_pre01*

## *Unit 6: Table of Contents*

Maintaining self-confidence during the job hunt.....	3
What to wear to the interview.....	6

## Slide 2

## Maintaining self-confidence during the job hunt

The job hunt can be a lonely and stressful process. Knockbacks occur and each one dents the job seeker's self-confidence. The most frequent cause of the failure of a job seeker to win a job is arguably a lack of positive self-image. It is essential to believe in your worth to an employer and in your ability to perform well in the job. Here are some tips on maintaining your positive self-image through the job hunt.

## Slide 3



### Believe in yourself

If we think we're beaten, we are.

If we don't believe in our own worth to an organisation, how are we going to convince employers that we are worth hiring?

Success begins in the mind. So look through your achievement statements (Unit 4) whenever you start doubting your ability to do the job.

## Slide 4



### Envisage success

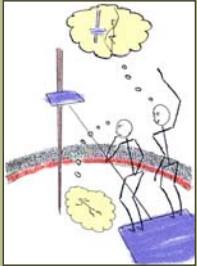
If we envisage ourselves being successful, the chances are we will be.

Research the position until you can plan your first few weeks in the job. This will make it much easier for you to imagine yourself in the job and so envisage yourself doing the job successfully.

## Slide 5

Unit 6: Positive Self Image

What is the difference between the person on the left and the one on the right?



© Rupert French 2009 Slide 5

What is the difference between the person on the left and the one on the right?

Which one will be successful?

What we see is what we get. Make sure that you always see yourself being successful.

## Slide 6

Unit 6: Positive Self Image

**Look the part**  
**Act the part**

© Rupert French 2009 Slide 6

### Look the part, act the part

What we wear and how we look affects how confident we feel. And if we dress as if we were already working in our chosen occupation, not just when we have meetings or interviews to attend but all the time, others will start to see us, and react to us, as if we had actually achieved the job we are seeking. This in turn will further boost our self-image.

## Slide 7

Unit 6: Positive Self Image

**Walk tall**

© Rupert French 2009 Slide 7

### Walk tall

Our emotions are controlled to a large extent by chemicals in the body called 'neurotransmitters.' These include adrenalin and endorphins. These neurotransmitters are generated to some extent by how we stand and move. If we shuffle along, head stooped, shoulders rounded, mouth turned down, by the time we have completed 100 metres, we'll be feeling depressed. But if we walk with our head up and a slight spring in our step, we'll start to feel great.