Creating Careers with Confidence

By Colozzi, Edward


READ ONLINE
[ 3.47 MB ]

Reviews

Absolutely one of the better ebook We have ever study. it had been written quite completely and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Carol Lehner II

This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).

-- Prof. Buddy Leuschke
Careers with Confidence, City Road, London. 81 likes. Whether you are a job seeker or an organisation, Careers with Confidence can help you maximise your... Carey... See more. CommunitySee all. Creating Careers with Confidence effectively teaches students about the career development process and offers an logical step-by-step approach that results in clarity, direction, and increased career decision-making self-efficacy. This model translates into student success in the classroom and school-to-work transitions. Based on a constructivist approach and a combination of developmental, matching, and decision-making theories, this self-paced workbook offers the following benefits and more: Essentials of career exploration and planning. Reflection with a focus on the opportunity to create c... Create your resume. How to build self-confidence. Building self-confidence requires reflecting on your current self-perception and developing habits that promote a positive self-image. Here are a few ways you can build this trait: Focus on yourself. Also, identify the goals you want to achieve in your career and current or future roles. As you prepare for an interview, begin a new job or complete your daily tasks, use those goals to remind you of what you want to accomplish. You can build self-confidence by identifying the goals you’ve already achieved and the ones you’re close to reaching.
So, to maximise confidence, your energy should be focused on building a rapport with your interviewer rather than impressing him or her. “We often get the idea that confidence is about holding court whereas it’s more to do with putting people at ease. It helps to focus on connecting with people rather than focusing on the performance,” says Dr Gary Wood, chartered psychologist and author. Use breathing techniques to boost confidence. “If you go into an interview with prepared answers for most questions, it takes the pressure off and you walk in confident you’ll know your stuff,” says Cathy Lovell, student services manager for The Open University. To make sure you’re well-equipped, rehearse potential interview answers with a friend.