

# PRESS RELEASE



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## How can you get a job when there aren't any?

The job-market survey by Recruitment & Employment Confederation and KPMG, which will be published Wednesday, will show another significant weakening for employment due to the decline in demand for staff.

**Dr Harry Freedman, Career Expert and founder of Career Energy, the leading provider of career change advice and job search assistance to individuals, said,**

"In this increasingly competitive job market, we are advising jobseekers to be more flexible in the positions they are willing to take and look for opportunities to try roles they may not have considered before.

"We recommend considering temporary or contract jobs as short terms solutions until the right opportunities arises. Many clients are deciding to work for themselves, either becoming a consultant, or turning their talents or hobbies into a business, at least until things pick up again. Others are turning to their hobbies for new career paths, offering their services to a club they belong to, or charity they support.

"The main things is that they need to be really clear on the skills they have, what they are offering and have confidence in their abilities."

To speak to Harry or arrange an interview, please contact [cath@careerenergy.co.uk](mailto:cath@careerenergy.co.uk).

Click here to set up a daily feed from the Career Energy Blog.  
<http://www.careerenergy.co.uk/career-advice-blog/>

Harry Freedman is Founder of Career Energy, the leading provider of career change advice and job search assistance to individuals. Harry has worked as CEO in a variety of SMEs, and in the voluntary sector. He moved into Career Management by applying the techniques promoted by Career Energy, namely identifying dominant skills and experiences and transferring them into relevant new contexts. His formal Career Management experience was gained with leading providers of corporate career services, and informally as an employer and as a coach in the voluntary sector. He has a degree in Psychology. [www.careerenergy.co.uk](http://www.careerenergy.co.uk).

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