

PRESS RELEASE



9th December 2008

Unemployment figures are due this week and expected to reach 2 million by Christmas.

Dr Harry Freedman, Career Energy, is available to give advice to those looking for work and said,

“When looking for work, many people trawl through the papers, fire off their CVs to a thousand and one online job boards, or phone every recruitment consultant they can find. However the job market has changed. Companies are doing everything they can to reduce their costs, with many now managing what recruitment they are doing in-house. It is more important than ever that you take responsibility for securing your next job.

“You need to take a pro-active approach. Most jobs come about through word of mouth so it is important to get out there, meet people, look for opportunities, get your name around, step outside your comfort zone, and network for all your worth.

“Losing your job can be devastating. You can expect to go through a range of emotions, high and low, including fear, anger, bafflement, acceptance, relief, even exhilaration. It is easy to let these feelings get the better of you, but this will not help you find your next job. I urge people to take control of their emotions, figure out what job they want, and go out there and get it.”

End

To speak to Harry or arrange an interview, please contact cath@careerenergy.co.uk.

Career Energy is the leading provider of career change advice and job search assistance to individuals. Career Energy was formed in March 2002 to provide high quality, personalised support, enabling clients to maximise their employment opportunities through systematic career planning. Our mission is to make the process of career planning and management affordable, accessible and inspirational.

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