

PRESS RELEASE



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WORKERS FEAR THE WORST AS RECESSION BITES

- **80% of workers do not feel secure in their jobs**
- **50% admit job insecurity is their biggest worry for 2009**
- **Dr Harry Freedman from Career Energy offers advice to concerned workers**

The true impact that the recession is having on the UK's workforce has been revealed. Research carried out by Career Energy, the UK's leading careers consultancy, has found that just one in five workers feel secure in their jobs.

Around half (46%) feel 'OK' about their job, but a quarter (24%) are 'nervous' and one in ten (11%) admit to feeling 'very worried'. Those that feel insecure in their jobs work across a wide range of industries. The public sector was the only industry where no one said they felt insecure.

Of those already out of work, the survey found that one in ten (9%) believe that there are lots of jobs available, while 18% think that the job market is 'OK'. However, 61% say that it is 'not good', with few jobs and lots of competition, and 13% describe it as 'dreadful'.

Career Energy also asked workers what their no. 1 concern was for 2009. Over half (51%) say their career is their biggest worry, 27% are concerned about their savings and pension, and for 14% falling property values are causing the biggest headache.

Dr Harry Freedman, Founder of Career Energy said, "This survey makes for grim reading. Our research reveals the true impact the recession is now having on sentiment among the UK's workforce, and especially a worrying level of job insecurity. However the reality is not that bad and there are still many jobs out there. The difference is that recruitment has changed and competition is intense. If you fear for your job, or find yourself out of work, there is a lot you can do. A recession can be an opportunity, it is all about how you approach it."

Career Energy's advice to workers concerned about their jobs

- 1) Build your network - Many jobs are now found through word of mouth, so your network is essential. Contact old colleagues and friends you may not have seen for a while. If you do lose your job, let your network know and ask for their help. There is no better way of getting a job than through recommendation.
- 2) Targeted applications - Competition is intense so make sure your application is accurate, aimed at the right job in the right company, and clearly highlights why you are the person for them.
- 3) Use your initiative – the job market has changed and competition is intense. Registering with recruitment consultants and sending out CV's is no longer enough. Think about how you can make yourself stand out.
- 4) Attitude – Try to keep a positive attitude as this will come across in your applications and interviews.

Ends

Over 1,000 people responded to the Poll which was carried out by Career Energy in February 2009.

For more information please contact;

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Notes to Editors

Career Energy provides career advice that really works from inspiring career consultants. It offers a wide range of individually tailored solutions and has helped thousands of people to plan a career change or to find a better career. Career Energy was formed in 2002 and has become the UK's leading careers consultancy. It has pioneered the profession and helped thousands of people of all ages, background and experience.

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