

# Build your network en route to landing a new job

A new year provides a perfect opportunity to turn over a new leaf, and many people commit to doing so by making New Year's resolutions.

While there are no rules governing resolutions, certain resolutions tend to top the list of the most common year after year. Setting health and fitness goals are very common, but so are resolutions to switch careers. In fact, a 2017 survey from YouGov found that 14 percent of respondents were committed to finding a new job in 2018.

Building a strong professional network can help people find a fulfilling job when they are looking to advance their careers. The following tips can help professionals establish such a network.

- Recognize networking is a two-way street. Networking can be an effective way to find a new job, and it's also a great way to help other people do the same. While you're looking for a new job, if you come across opportunities that aren't a good fit for you but might be for someone in your network, don't hesitate to contact them. Your efforts will be appreciated, and those you help might do the same for you if they come across job openings that suit your background.

- Build your online profile. LinkedIn, a social media site for professionals, is a go-to resource for human resources officials, and it's also a valuable way to stay connected with professional acquaintances. Career services professionals advise adding anyone you have worked with to your LinkedIn network. Continue building your profile as your network grows and you work with more people.

When others invite you to join their network, accept those invitations.

- Update your résumé. Update your résumé as often as you deem necessary. Colleagues you've worked with in the past who are within your LinkedIn network may periodically view your profile, and an updated résumé is a great way to keep them abreast of how your career is going. If they can see what you've accomplished since you last worked with them, they might be more inclined to reconnect or recommend you for a job opening.

- Stay in touch. Professional networks are most effective for professionals who keep in touch with their colleagues and acquaintances. Follow up with colleagues you've worked with in the past to see if there's anything you can do for them or to check in on how a project you discussed with them is going. Staying in touch can shed light on job opportunities or open other doors that might facilitate your job search.

A strong professional network can help professionals advance their careers and help others looking to do the same.

# Things to look for in a new job

Professionals change jobs for various reasons. But regardless of what's behind a career change, many people can benefit by looking for things in a new job that can make them happy both professionally and personally.

- Salary: Of course everyone would love to earn more money when changing jobs, but there is more to changing jobs than just improving your bottom line.

As you begin your job search, consider how much you currently earn and if that allows you to live a life you love. If so, don't overemphasize finding a new job that pays considerably more than your currently earn. On the flip side, young professionals who want to start a family in the years ahead should consider the costs associated with such a decision and how the salaries they earn at their next jobs may affect what they want down the road.

- Work/life balance: Before beginning your search for a new job, think about why you want to switch careers or companies. Long hours often leads to burnout.

If you're looking for a new job because you're burned out, try to find a job that affords you a better work/life



balance. A study from the Happiness Research Institute in Copenhagen found that, with the curious exception of people who work more than 55 hours per week, stress rises accordingly with the numbers of hours worked each week. Keep that in mind if your goal is to find a job that affords you a better work/life balance.

- Satisfaction: When attempting to achieve a better work/life balance, it can be easy to overlook satisfaction at work in exchange for more time at home. But studies have shown that feeling satisfied by

what you do can have a profound impact on your overall happiness.

It's possible to find an engaging career that still affords you time away from work, and such a career can ultimately pave the way toward a happier life.

- Commute: Bending over backwards simply to get to work and then get home from work can have an incredibly negative impact on your life.

A study from the Office of National Statistics in the United Kingdom found that commuters, especially those

who spend between 60 and 90 minutes commuting to work, have lower life satisfaction and lower levels of happiness compared to people who don't commute. Before accepting a job offer, estimate your commute time to and from the new office and try to determine the impact of that commute on your quality of life.

Many people aspire to find a new job at the dawn of a new year. Job seekers should consider a host of factors before switching jobs to make sure they make the best decisions.

# How to attain occupational wellness in career

Wellness is a broad term that can refer to various aspects of daily life. Disciplines like yoga and meditation might be the first things to come to mind when people think of wellness, but focusing on wellness at work can have positive, lasting effects on overall well-being as well.

Occupational wellness is not necessarily a familiar term, but it's something that most professionals strive for.

According to the Student Health and Counseling Services at the University of California, Davis, occupational wellness inspires people to find work from which they will gain personal satisfaction and find enrichment.

Occupational wellness promotes the exploration of various career options and the pursuit of those opportunities that most appeal to each individual.

While it may seem like common sense to aspire for an engaging, enjoyable career, the effect that finding such a career can have on overall well-being might not be so apparent. In an analysis of a recent Gallup World Poll, a survey that asks hundreds of thousands of workers across the globe about their jobs and their job satisfaction, Harvard Business Review found there is a correlation between job satisfaction and life evaluations. People who report being

satisfied with their jobs seem to be happier overall.

So how can one embrace the concept of occupational wellness? UC Davis offers individuals the following suggestions as they begin their journeys to occupational wellness.

- Perform some self-reflection. Reflect on yourself and what you need out of a job. Are there certain occupational tasks you enjoy? Are there some you find burdensome? Identifying those you enjoy and those you feel are onerous can help you narrow down your options to careers you will find engaging and rewarding.

- Consider unpaid work and volunteer opportunities. Even

though they don't pay, unpaid work and volunteer opportunities can still enrich your life and provide personal satisfaction. Such opportunities should not be overlooked.

- Practice open communication and proper conflict management with colleagues. Negative working environments can be stressful, leading to dissatisfaction on the job. Openly communicating with colleagues and resolving conflicts in a proper, professional way can foster a positive working environment, potentially contributing to greater job satisfaction.

Prioritizing occupational wellness can help people live happier, more fulfilling lives.



# Support local businesses

Supporting local businesses has some surprising benefits that can greatly improve life for entrepreneurs and the communities they call home.

Large corporations may find it impractical to open up shop in some small towns, villages and rural areas, feeling that the cost of opening and maintaining the business might not be justifiable with such a small potential customer base. In such instances, small businesses offer an invaluable service to their communities, providing readily accessible goods to residents might not be able to or simply

don't want to drive long distances to purchase items from the nearest retail center.

Small businesses also provide employment opportunities to local residents, which can be especially valuable in communities where jobs are few and far between. Supporting small businesses also can help make communities safer and more stable.

When small businesses thrive, they pay more in local taxes, and that increased tax revenue is then used by local governments to fund local schools, police forces and fire departments.



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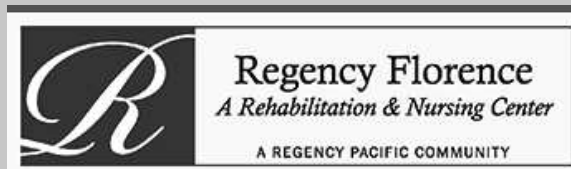
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