

Encouragement... Key Antidote for Joblessness

“There are high spots in all our lives,” wrote George Matthew Adams, “and most of them come about through encouragement from someone else. Encouragement is like oxygen for the soul.”

When the economy sours and people lose their jobs, there are sure to be more and more souls gasping for air in self defeat. How can we help our friends and family members avoid succumbing to the depression of temporary joblessness?

An outplacement client of mine explained his plight, “I am a high-level sales manager for a technology company and I was laid off over a month ago and still can’t find a job. The jobs I would usually apply for aren’t as available as I expected, Internet start-ups with similar positions have shut down and, as a result, the few positions that remain have more applicants than they ever did before.” Here is someone who had to beat the job offers off with a stick as little as two years ago and now, maybe for the first time in his life, he has to face...Competition!

Here’s how you can encourage a friend or colleague to help them during this joblessness period:

1. Help them move from fear to belief and action.
2. Get them to focus on their strengths, accomplishments and potential.
3. Emphasize the positive aspects of a job or career change.
4. Help them look to the promise of the future, not lament about the past.
5. Offer to be a resource to them during this difficult time.
6. Listen to their fears and concerns without being judgmental.
7. Be there when they need you.

Relationships provide a marvelous opportunity to give others a push, help them grow, provide encouragement and enhance the quality of their lives. And, in return, when the chips are down for us we will experience the same.

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Remember, a word of encouragement during a difficult time is worth more than an hour of praise after a success!

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Joel Garfinkle provides outplacement services to displaced workers. His proven and structured 9-step program helps you find a new job quickly. Joel has over 15 years of first-hand expertise in the job search and career transition field. Visit Joel online at [Garfinkle Outplacement Services](#).

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