Word to the More Enjoyable Job Search

By: Alexandria Vattimo, Career Services Advisor at RochesterWorks

The language used by job seekers and employers is not always exciting. Words like resume, unemployment, and networking, have been around for quite some time. Have you ever thought about ways you can make your job search a more exciting time for yourself? After you read this article, you will!

Change Your Words, Reframe Your Search

Reframing is not a new concept. Marketing professionals have, for decades, played with words to make their products sound more enticing, relevant, and "fun," so that we as consumers want to get our hands on whatever they're selling.

When it comes to your job search, you can put a more positive spin on it just by the words you choose to describe it and talk about it with yourself and others. Reframing is as easy as that. And let's face it, most of the time your thoughts are what you are telling yourself. So why not make your thoughts positive ones?

What if instead of saying, "I have to write my resume for this job posting," we reframe it to say, "I get to brainstorm exciting ways I can showcase my value for this amazing opportunity!" And, how about we change, "I need to prepare my responses for an interview I have on Tuesday," to, "I can't wait to share my accomplishments and qualifications with this employer on Tuesday!"

The language we use, positive or negative, can either set us up for success or defeat. So now that you know your options, why not go for the more positive spin when it comes to your job search?