



How to job search in tough economic times

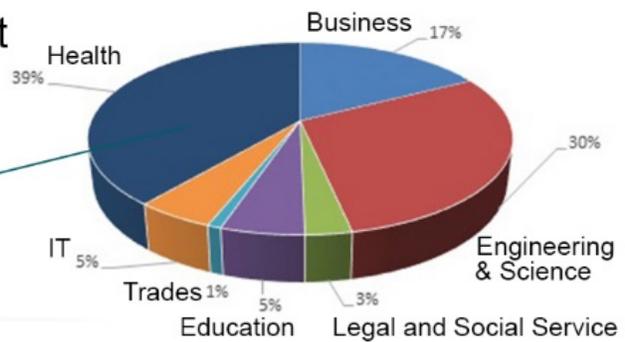
Cast a wide net

Feeling demotivated to look for a job during a recession? We asked Darlene Baker, one of our career coaches, how to effectively focus your time and effort in today's labour market. "Cast a wide net, in other words, think about a large number of strategies to get the job you want. Look outside of your area. You'll have a better success if you use a larger range of resources." A good place to start could be volunteering at your children's school. Not only will the school benefit from your help, you will too. You will meet the teachers, school staff and other parents. Another idea is to connect with your professional association, attend their upcoming networking events. Most associations have a LinkedIn page or group where you can connect online with other members.

Joining Toastmasters International is an excellent strategy not only to improve your public speaking skills, but also to network with other professionals. As Darlene suggests, you could look for jobs in smaller towns and rural areas where the labour shortage may be higher. When you are job searching, you definitely need to expand your net to catch more fish.

Occupations A to Z

Nuclear Medicine Technologist



We help internationally educated professionals in any occupation in any industry. For this edition we are highlighting the occupation of **Nuclear Medicine Technologist**. This is a highly specialized health care professional who works closely with the nuclear medicine physician and has to prepare and administer radioactive chemical compounds, known as radiopharmaceutical. The licensing body that regulates this profession in Canada is the **Canadian Association of Medical Radiation Technologists**.

Accreditation

PASS program

Pre-arrival support services for internationally educated nurses



The Pre-Arrival Supports and Services (PASS) Program is an initiative funded by Immigration, Refugees and Citizenship Canada (IRCC). The service helps internationally educated nurses in their countries of residence who are planning to immigrate to Canada. Check out the PASS website to learn more <https://pass4nurses.org>.



Career Coaching Tip

Be proud of your professional accomplishments

Succeed at fighting negative thoughts that work against your job search. At Directions we offer a new Power of Positive Attitude workshop where you learn about handling change, stress management and positive communication. Call us to learn more at 403-770-5155.