

## Resources to help during Covid-19

### Module 1 – During the restrictions

#### Topic 1 – Making the Most of the Transition Time

- Time is potentially our most precious commodity
- If you find you suddenly have more of it, then how are you going to make the most of it?
- Job Search is a flexible part time job. There are bouts of almost frantic activity followed by serious downtime.
- Without organisation or planning, this downtime can lead to introversion which may have a depressive impact on the social skills you will need to get back in the job market.

Flexibility and Opportunity: the chance to be spontaneous.

Enjoy a portfolio of projects, initiatives or interests e.g.

- Maintain your skills
- Learn New Skills
- Network
- Volunteer
- Be Creative
- Get/Keep Fit
- Enjoy Family Life

Many activities including gardening, redecorating, leisure, relaxation, helping others, study etc will fall into more than one of these project categories listed above. They can help to meet your need of feeling useful, improving your environment, maintaining a positive outlook, developing relationships, and at the same time will automatically make you look more attractive as a potential candidate at interview.

At interview you will almost certainly be asked "how have you filled your time since you last worked". It is great to have that answer ready and to be able to genuinely enthuse about the answer. Moreover, after you return to work you, it is possible you will say to yourself "I wish I had spent some time doing this or that". It is sensible to work hard to minimise any subsequent regret.

