

Comeback Girl

"I'M POISED" MODEL FOR ANXIETY-FREE JOB SEARCHING

I

Inevitability

Cooperate with the Inevitable, make friends with the worst that can happen

M

Monitor Thoughts

Are your thoughts true, logical, constructive?

P

Perception of Self

Rehearse your past successes and wear like a coat of armour

O

Observe what you focus on

Paint a vivid picture of your destination role and meditate on it

I

Internal Control

Consistent, small, targeted actions tactics to avoid overwhelm

S

Strengthen Your Feedback Muscle

Always ask for it - builds resilience and hones your offering

E

Exercise Gratitude

Helps focus on the positive and keeps perspective

D

Define Your Plan Loosely

Stay agile and fluid, it's OK to change things up if it's not working