

One eye on the future



It's about a job: One eye on the future

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**“ You can do anything you decide to do.
You can act to change and control your life;
the procedure, the process is its own reward.”**

Amelia Earhart, famous female aviator

There's every chance you'll go job hunting again sometime in the future. Maybe you'll reach a point where you're ready for a new challenge. Or maybe your dream job will suddenly appear out of the blue and you'll want to go for it.

When opportunity comes knocking on your door, be ready to open it. Good luck is really nothing more than being prepared to meet the opportunities that come your way.

Always keep your CV up to date. Whenever your job changes, hold onto copies of the old job description to remind you of all the things you've done and the skills you've developed.

If you have copies of your performance appraisals (reviews of your performance on the job) keep them as a record of your accomplishments and challenges.

Always take advantage of any training opportunities and work-related education.

Stay in touch with your existing support network and expand it to include people who help make your working life successful.

Remind yourself how far you've come and how well you're doing – because you're doing just great!



You don't have to do this on your own. Workwise supports people with experience of mental illness and/or traumatic brain injury to choose, get and keep jobs. Workwise helps people to find real work with real pay. We encourage jobseekers to explore your work passions and career dreams so you can find the *right* job – not just any job.

Visit www.workwise.org.nz or contact your nearest Workwise Employment Agency for more information.

South and Central Auckland

Phone: 09 261 3402

Fax: 09 293 9369

15 Ronwood Avenue

PO Box 76842, Manukau City 2241

Waikato

Phone: 07 857 1201

Fax: 07 857 1298

293 Grey Street

PO Box 4146, Hamilton East, Hamilton 3242

Rotorua

Phone: 07 348 2940

Fax: 07 348 2955

1236 Haupapa Street

PO Box 253, Rotorua 3040

Taranaki

Phone: 06 769 5635

Fax: 06 769 6562

17a Brougham Street

PO Box 1087, New Plymouth 4340

Christchurch

Phone: 03 371 0316

Fax: 03 379 7354

Fourth floor, 104 Victoria Street

Christchurch Central

PO Box 22105, High Street, Christchurch 8142

Wellington

Phone: 04 474 0643

Fax: 04 385 1683

Level 2, 2 Centennial Highway

Ngauranga Gorge

PO Box 7443, Wellington South 6242

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