

Knowing My Work Capacity

Non Negotiables



If you can't do the job, you can't do the job.

Understanding what you can and can't do will not only make your job search more efficient, you'll feel more confident when talking to employers.

Finances



How much money you need is not always the starting point, but usually one of the first considerations.

There are three numbers to consider:

- How much do I need per hour?
- How much do I need per month?
(After probation period)
- How much do I expect next year?

It is important to be paid enough to meet your needs, but investments should be made for learning opportunities.

Availability

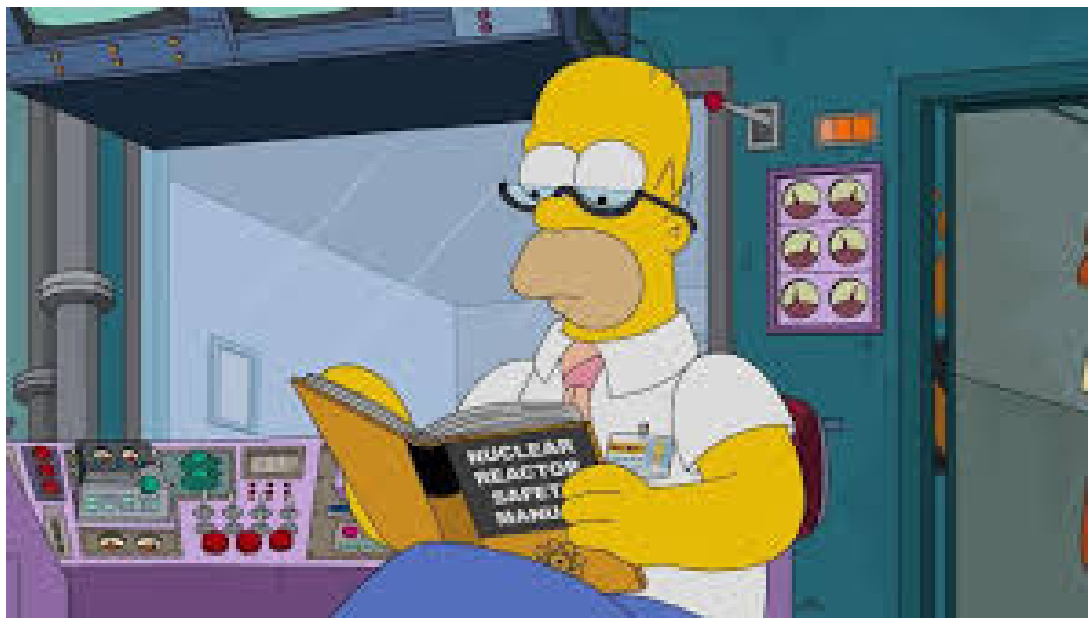


Certain jobs will have certain requirements - like full time 9 to 5, or weekends and nights.

Consider what hours you're available rather than the best times to be working. Sacrifices will have to be made.

It can be hard - if you're lucky, you can ask family for help. Otherwise there are publicly available care subsidies & payments.

Learning and Job Complexity



How hard is the job? How much thinking and problem solving do I want to do every day? Do I even like thinking?

Or do I prefer an easy job, following instructions, no stress.

Undertaking the right job will not only make you a more competitive candidate, it will increase the chances of you staying in the job.

Physical Requirements



Long standing and sitting. Repetitive motions. Lifting, carrying and moving. Understand your physical capability.

Don't expect employers to accommodate unless the role is advertised as such.

Physical function can improve. Even with a disability.

Emotional Resilience



This is the one they don't really talk about. How much stress does the job involve?

Certain jobs, especially those front facing, can be extremely demanding. Knowing your limits are important.

But emotional resilience can definitely be improved.

Transport

Understanding how long your willing to travel for will help you narrow down the jobs you can get to.

Flexibility has recently become common place and may be a consideration when finding the right role.

Take into consideration how far it takes via public transport, and consider vehicle leasing if it's required for the job.



Communication



Communication may be the most important factor in any job. Almost no job exists in isolation.

English Level

- None
- Basic English
- Conversational
- Written Fluency
- Poets (and report writing)

Tech Levels



Every job has screen time. Different jobs will require you to use different tools and not all jobs will teach will you on the job.

Tech Level

- None
- Smart Phone Only
- Emails & Internal Systems
- MS Office
- Specific software (e.g. MYOB)

Personality



It's not the right job for me... That's actually one of the best things employers can hear.

Each job will have different demands.

Sometimes it's team work or helping customers, other times it's resolving conflict or grinding through the storm. Some jobs might even need you to be the bad guy!

Being honest with you who are will help you find the right job.