

Finding Work in Difficult Times – Top Suggestions from Experts

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With the nation’s unemployment figures continuing to rise in response to the current COVID-19 crisis, finding work has become immensely challenging for many Australians.

Members of the Career Development Association of Australia have come together to offer their top suggestions for maximising the chances of finding work now and as the “new normal” emerges.

“Keep looking for work. There are still work opportunities available, although they are reduced and different,” CDAA National President Wanda Hayes said on behalf of the members.

“We recommend staying on top of changes to the labour market and opportunities, being adaptable and creative (but still truthful) in what you apply for and how you present yourself.

“You should also market your sought-after skills, increase your digital presence and use every network contact that you have.”

While some Australians may be feeling hopeless during these difficult times, it is important to keep planning for the future.

“Think creatively about where future jobs will be and the skills required, review your CV and LinkedIn profile, and use the available job search tools,” Ms Hayes said.

“You could also look at upgrading your skills through online courses and volunteering if it is a safe option.”

When seeking work, looking after your mental and physical health is crucial, and people should seek help if they are at risk.

“While many of us are social distancing, that doesn’t mean becoming socially isolated. Pick up the phone and reach out to those around you,” Ms Hayes said.

Students may also be feeling anxious about what the future holds, but CDAA members encourage them to try and remain positive.

“Keep on top of your studies through online learning and engage with your teachers and careers staff about your career goals,” Ms Hayes said.

“Students may also want to look at getting their license and consider online jobs and volunteering if it’s safe.”

If people are struggling to find work, CDAA recommends investing in professional careers support if it is a viable option.



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The Career Development Association of Australia (CDA A) commenced as the Australian Association of Career Counsellors in 1989, and is Australia's largest cross-sectoral association of career development professionals working in a diverse range of roles, delivering services in industry, government, education, employment programs and community organisations. The primary purpose of the CDA A is to support its members by leading, building and growing the career development profession.

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