

How can I make myself more employable after leaving university?

I remember when I left university back in the 90s with my head full of confidence knowing that with my degree, I could get a very high paying job. As it turned out I, and no doubt many graduates then and since got a very rude awakening... It seems that just having a degree doesn't guarantee you a high paying job.

Employers are typically looking for a range of skills, not just an academic degree in the candidates that they are wanting to hire. These "soft skills" include skills such as resilience, the ability to self-manage, adaptability, enthusiasm, and the ability to work collaboratively.

The SEJ Process is currently in the curriculum at Kingston University thanks to Dr Kishi, and our aim is to teach the SEJ in every University, college, and sixth form setting. In doing so we will share the SEJ with all students equipping them with these soft skills, and more importantly giving them the knowledge and skills to manage their own mental health. As part of this process, we even provide every student who studies the SEJ with an SEJ certificate that we call the Mental Health & Wellbeing awareness certificate.

Graduates looking for jobs can take this certificate into prospective employers and demonstrate to the employer that they have Mental Health awareness and a range of soft skills including:

- Resilience
- Adaptability
- Self-Management
- Self Empowered
- Self-motivated
- Enthusiasm
- The ability to work intuitively
- The ability to address stressful thoughts
- The ability to work collaboratively

As businesses now have a duty of care to the mental health of their employees and spend huge amounts of money on training and support for their employees, this certificate will demonstrate to employers that the candidate not only has these soft skills but is aware and able to support their own mental health. A win/win for not only the employer but the candidate.

The SEJ will support candidates to make themselves more employable, but more importantly equip them with the skills to manage their own mental health and wellbeing. Working in joy and living in joy.

To find out more, please see our website at www.thesej-business.co.uk

Live in joy
Elliot