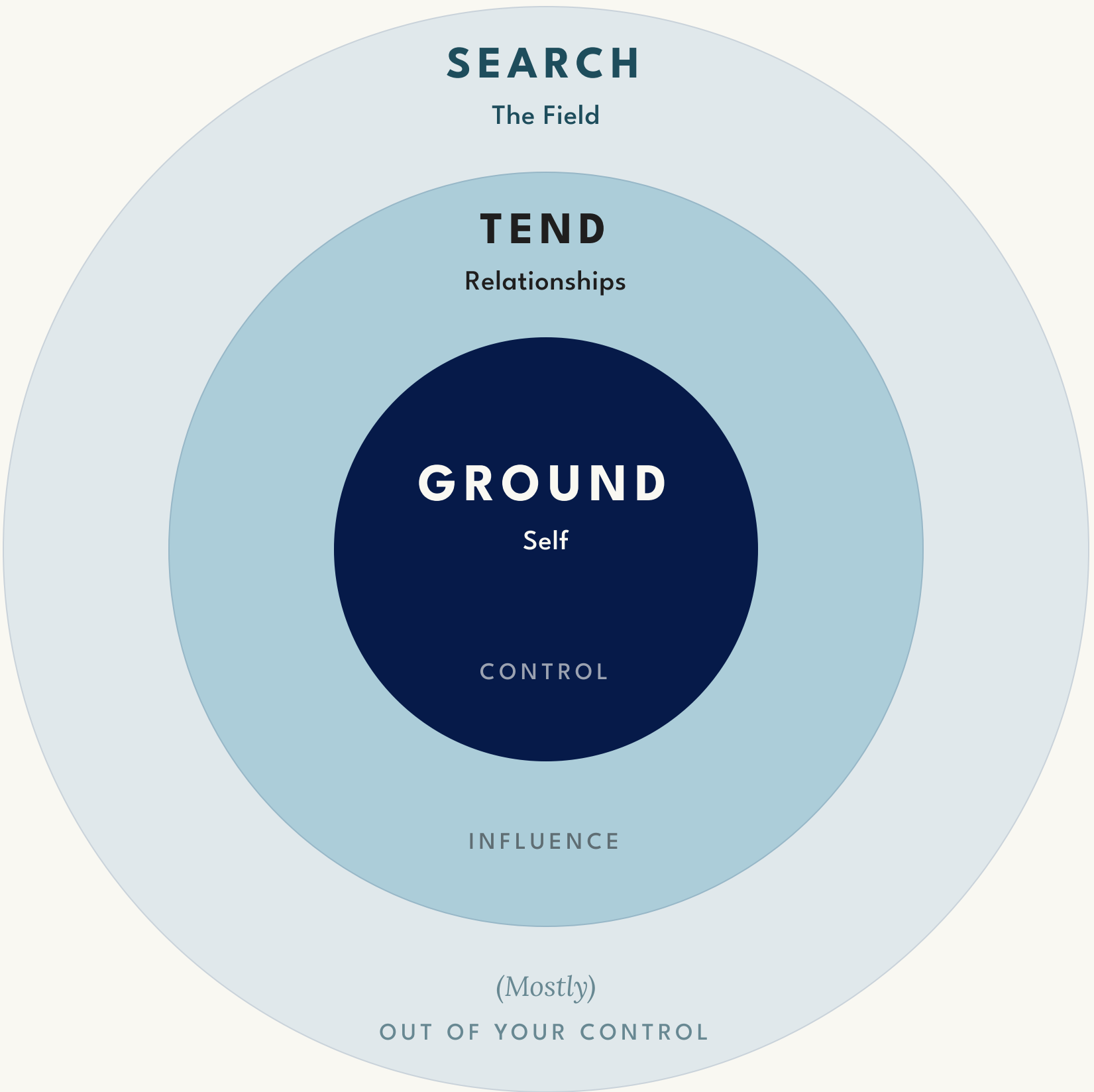


GROUND · TEND · SEARCH



Start with yourself, travel outward. Repeat.

Developing a strong sense of yourself propels your networking and job searching forward. The search process requires a flow between grounding in yourself, tending to important relationships, and tactical steps of searching for the right opportunity.

■ GROUND YOURSELF

THE CONTROL RING

Your values, integrity, and story live here, along with the tools you use to introduce yourself and describe your work.

■ TEND YOUR RELATIONSHIPS

THE INFLUENCE RING

Your professional contacts know you and can speak to your work; reach out to warm ties with specific asks, care for and utilize those important relationships.

■ SEARCH THE FIELD

MOSTLY OUT OF YOUR CONTROL

Reviewing job boards, responding to postings, and submitting applications take attention and work, and often the results of your efforts are in someone else's control.

A few action steps in each ring.

GROUND YOURSELF

THE CONTROL RING

Sort what feels hard into control, influence, and out of your control.

Revisit [your values](#) and what gives or drains your energy.

Write down what you've accomplished so far this cycle and what you've learned along the way.

Start updating your resume - check out [Arena's resume tools](#) for help.

Start updating your LinkedIn profile - check out [Arena's LinkedIn Guide](#) for help.

TEND YOUR RELATIONSHIPS

THE INFLUENCE RING

Ask two to four people with whom you're currently working for feedback using our [Feedback Collection Tool](#).

Map [who is in your network](#) - think through former and current bosses, colleagues, mentors, mentees, and friends.

Schedule three conversations with people from your map who can help you expand your network or deepen your knowledge.

Identify an accountability buddy who will hold you to your networking and job searching goals, and set a specific check-in date.

SEARCH THE FIELD

MOSTLY OUT OF YOUR CONTROL

Review the [2026 Empower I Job Search Resources](#) and identify the two or three job boards/listservs worth your time.

Track where you applied so you can follow up and follow through.

Identify where a relationship you hold can help you get in the door.

Clarify what should happen prior to election day and what can wait until after.