

Job Seekers of Montclair

Get Help With Your Career
Online or In Person

A FREE, NON-SECTARIAN JOB SEARCH TRAINING AND SUPPORT GROUP OPEN TO ALL

Job Seekers' next meeting is Wednesday, March 4, 7:30 - 9:00 PM. Dr. Rick Greene presents a strategic workshop on **Dealing with Roadblocks and Setting Goals**.

- Recognizing common blocks
- How to move beyond the blocks or avoid them
- Where to find motivation and support
- Long and short term goal setting

We meet at the Assembly Hall of St. Luke's Church on 73 S. Fullerton Ave., Montclair. Check our website, <https://jobseekersofmontclair.org>, for directions and additional information. The entrance faces South Fullerton Ave. **SPECIAL ANNOUNCEMENT:** We have books available for free to the first four in-person attendees.

The event will also be available online.

Meeting ID: 869 6416 8449

Passcode: 005505

One tap mobile +13052241968,,86964168449#,,,,*005505

For phone only dial 929 436 2866 and enter ID + passcode.





A Practical Roadmap for Job Seekers Who Refuse to Quit

Dealing with roadblocks, managing the emotional toll, and setting measurable goals to navigate professional transition.



Looking for a job is a full-time job

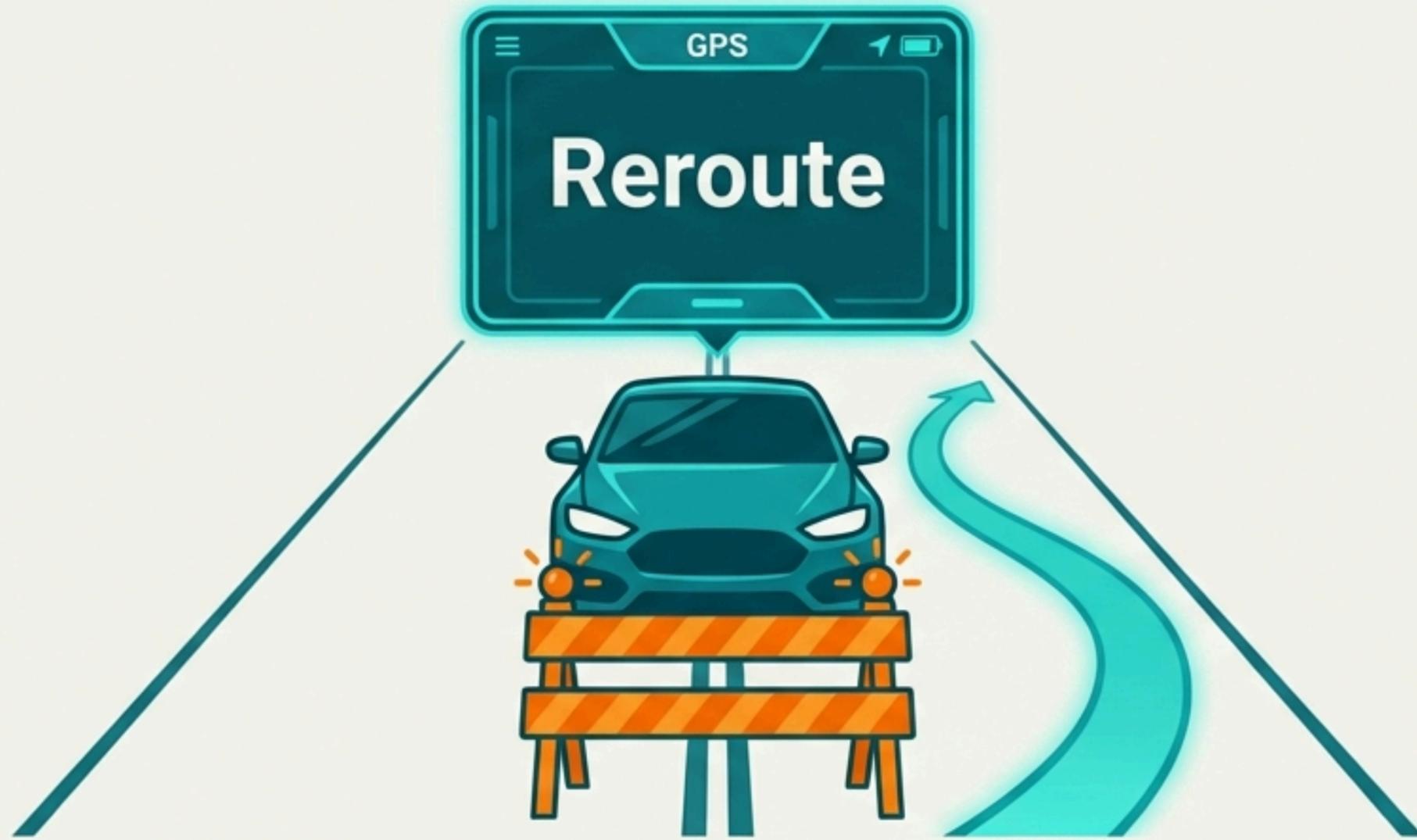
Unemployment is not just a financial problem. It challenges identity, tests confidence, and shakes belief. Success requires:

 • Resilience

 • Strategy

 • Emotional strength

 • Vision



The destination stays the same while the path adjusts

When you hit construction on the highway, you do not park the car and give up. You reroute. When you can see where you are going, roadblocks become detours instead of dead ends.

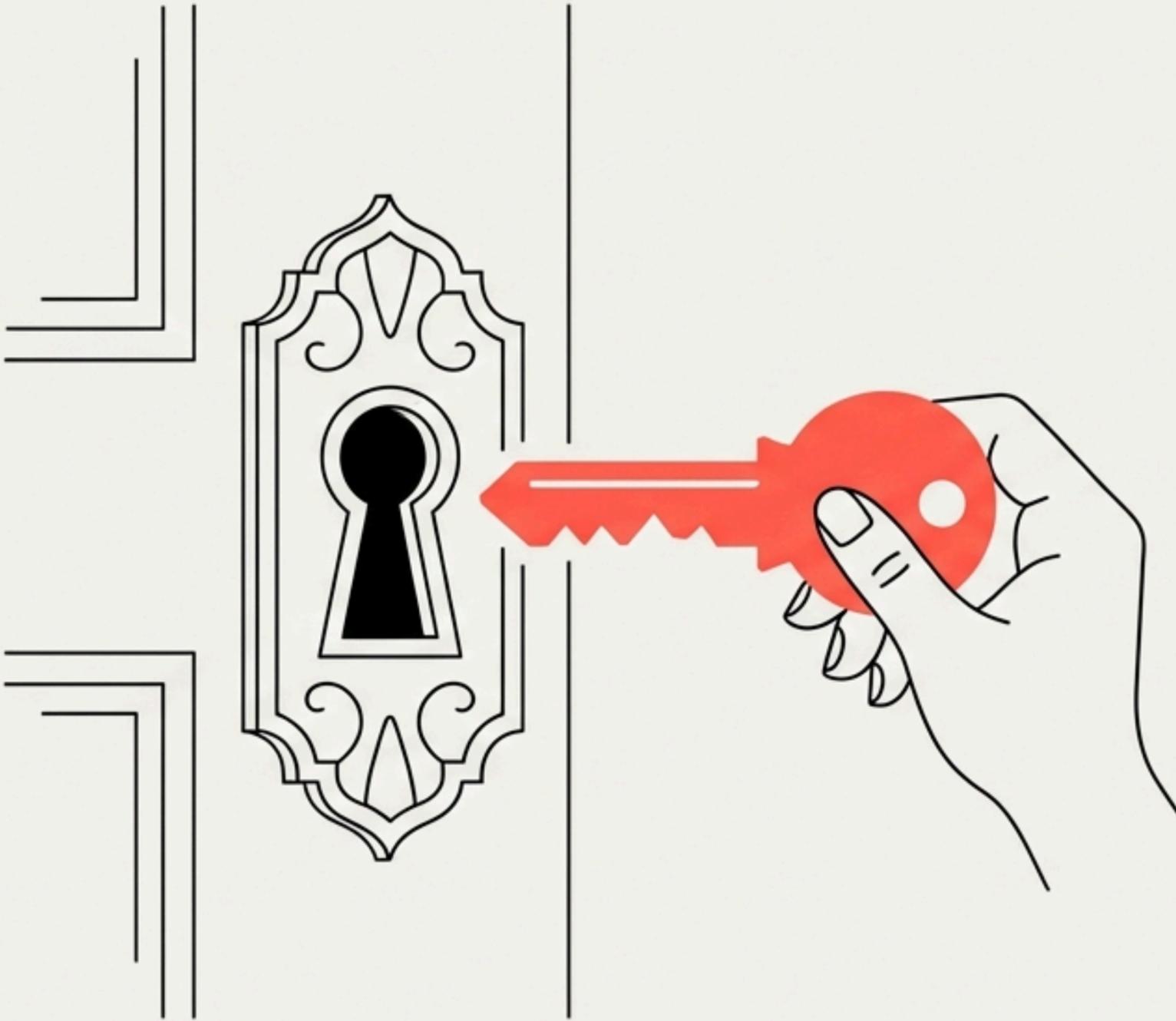
Rejection in the job market is logistical rather than personal

The mind interprets silence as a personal failure: “Maybe I’m not good enough,” or “Maybe I’m too old.”

The reality is logistical:

- Budgets change
- Internal candidates get priority
- Positions get frozen
- Hiring managers shift direction





The problem isn't you when the key doesn't fit

Imagine trying to open a locked door. You try one key and it doesn't open. You don't conclude the building hates you. You simply try another key.

Your resume may need adjusting. Your **strategy may need refining. But your worth has not changed.**

Categorize the three specific types of roadblocks



[External Roadblocks]

- Market competition
- Economic shifts
- Company hiring freezes



[Skill-Based Roadblocks]

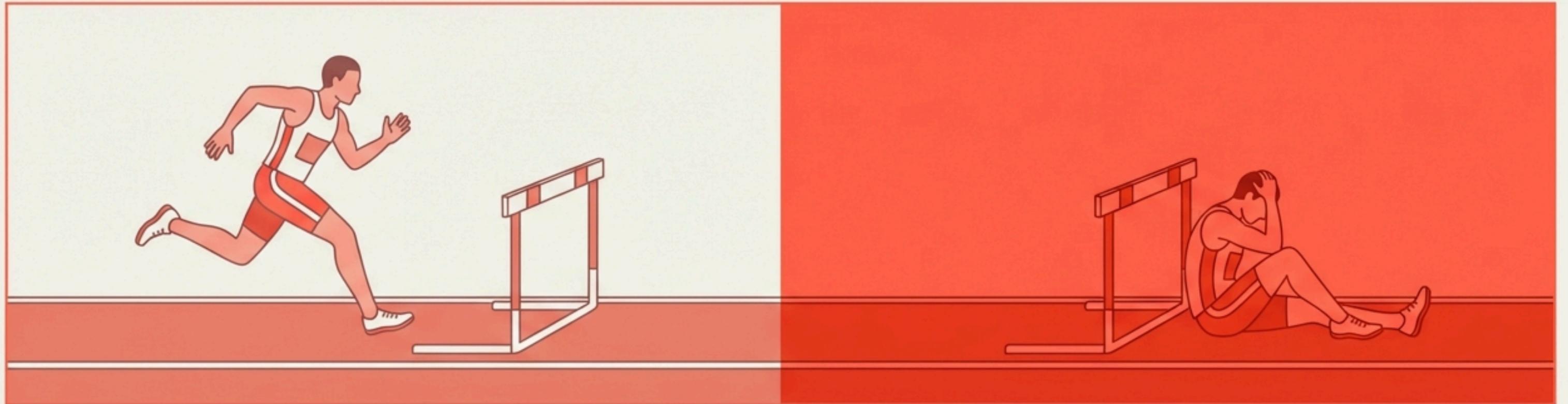
- Resume weaknesses
- Interview performance
- Technology gaps



[Internal Roadblocks]

- Fear
- Discouragement
- Inconsistent effort
- Procrastination

Internal obstacles are the most dangerous threat



External

Internal

Most people blame external roadblocks. But external obstacles only slow you down. Internal obstacles stop you entirely.

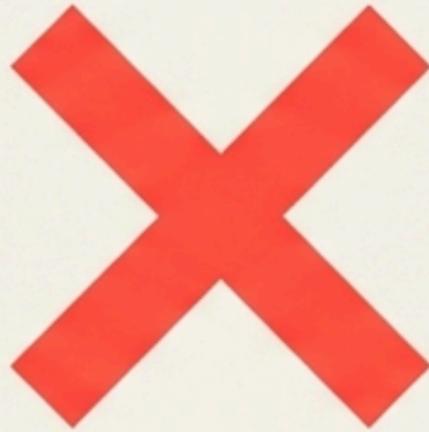
Successful job seekers treat rejection as market research



When something doesn't work repeatedly, **it is not failure**. It is feedback. Ask yourself: What is this data teaching me?

You are between opportunities rather than unemployed

If your thoughts are defeated, your strategy will be weak.



I am unemployed.
I am rejected.

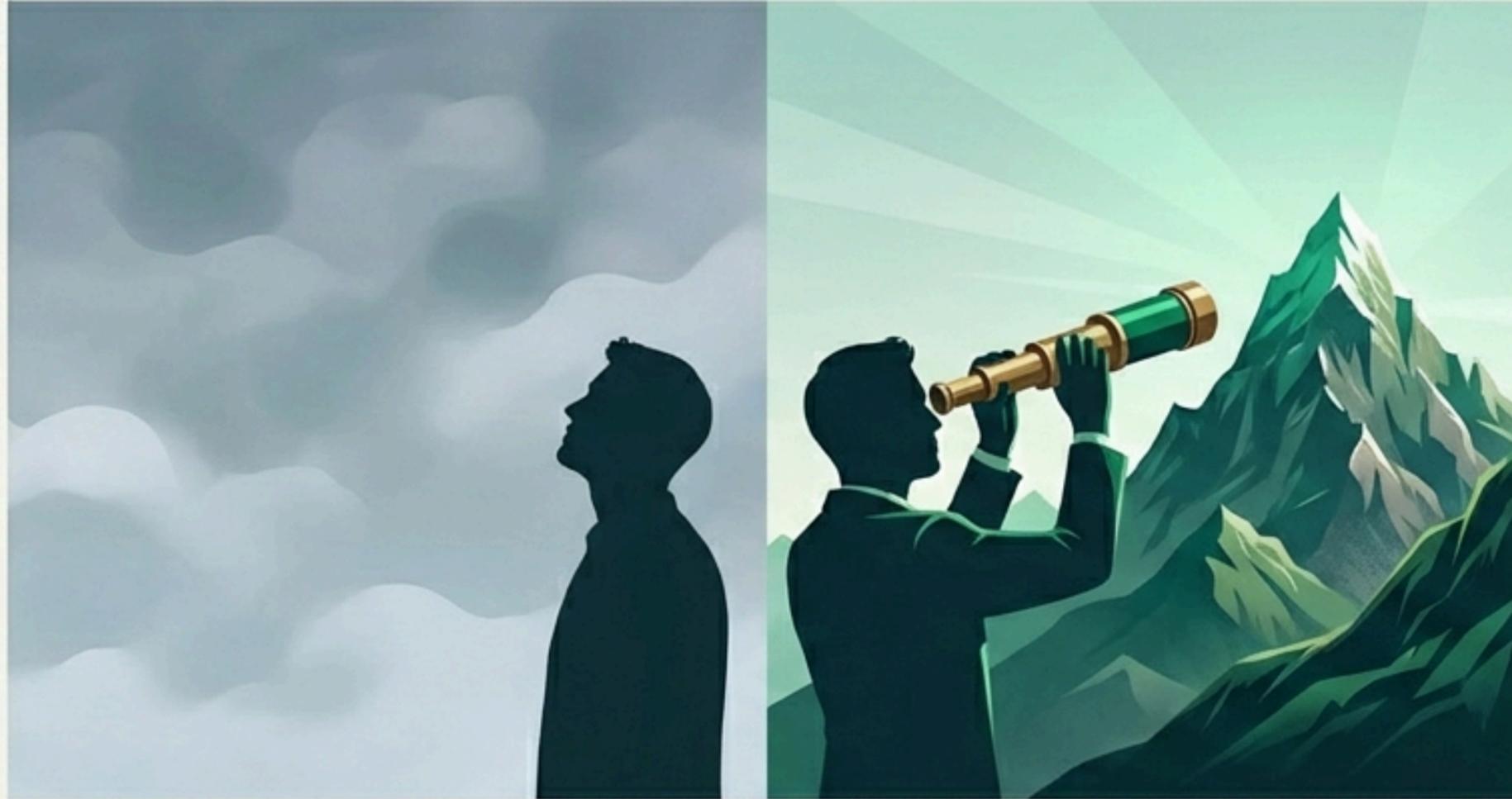


I am between opportunities.
I am refining my direction.

Your current situation is a season rather than a sentence



Winter does not mean the tree is dead. It simply means it is in a season.
Your current situation is a season, not your permanent identity.



Clarity creates momentum when hope is not a strategy

Most job seekers set vague goals: “I want a job. I hope something works out.” We must move from reaction to action.

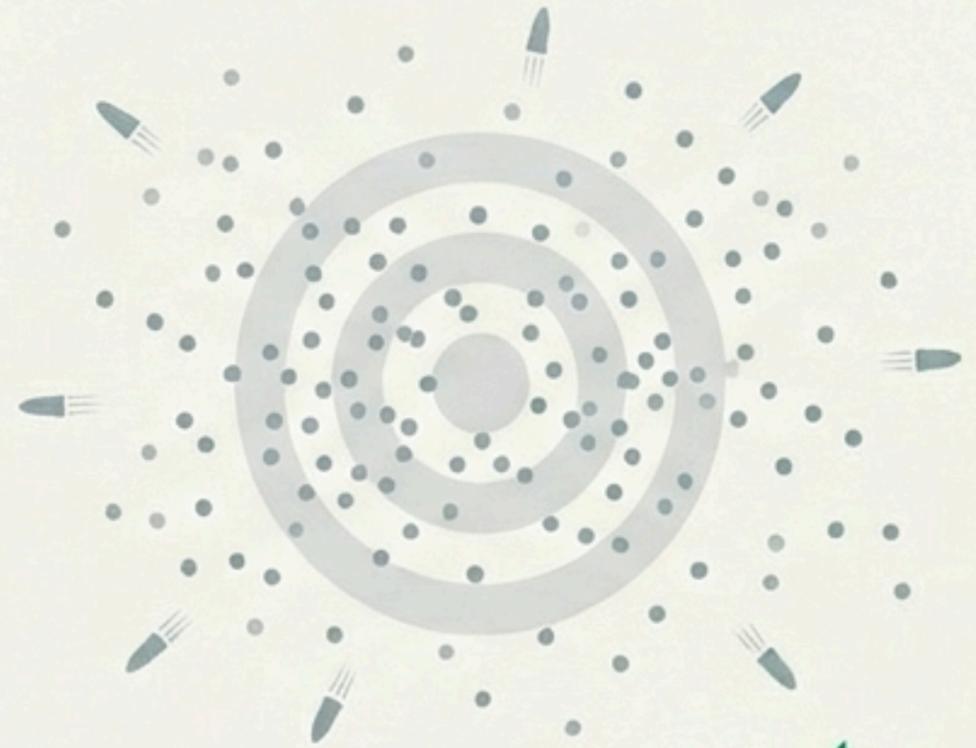
Define a highly specific target to focus your energy

Instead of “I want a job,” define the exact target.

Example: “I am targeting operations coordinator roles in healthcare companies within 30 miles.”

Specificity narrows focus.
Focus increases efficiency.

When you know exactly what you want, your energy stops scattering.



Focus on daily activity goals rather than hiring outcomes



[Outcome Goals]

Secure full-time employment within 90 days. You cannot control whether someone hires you.

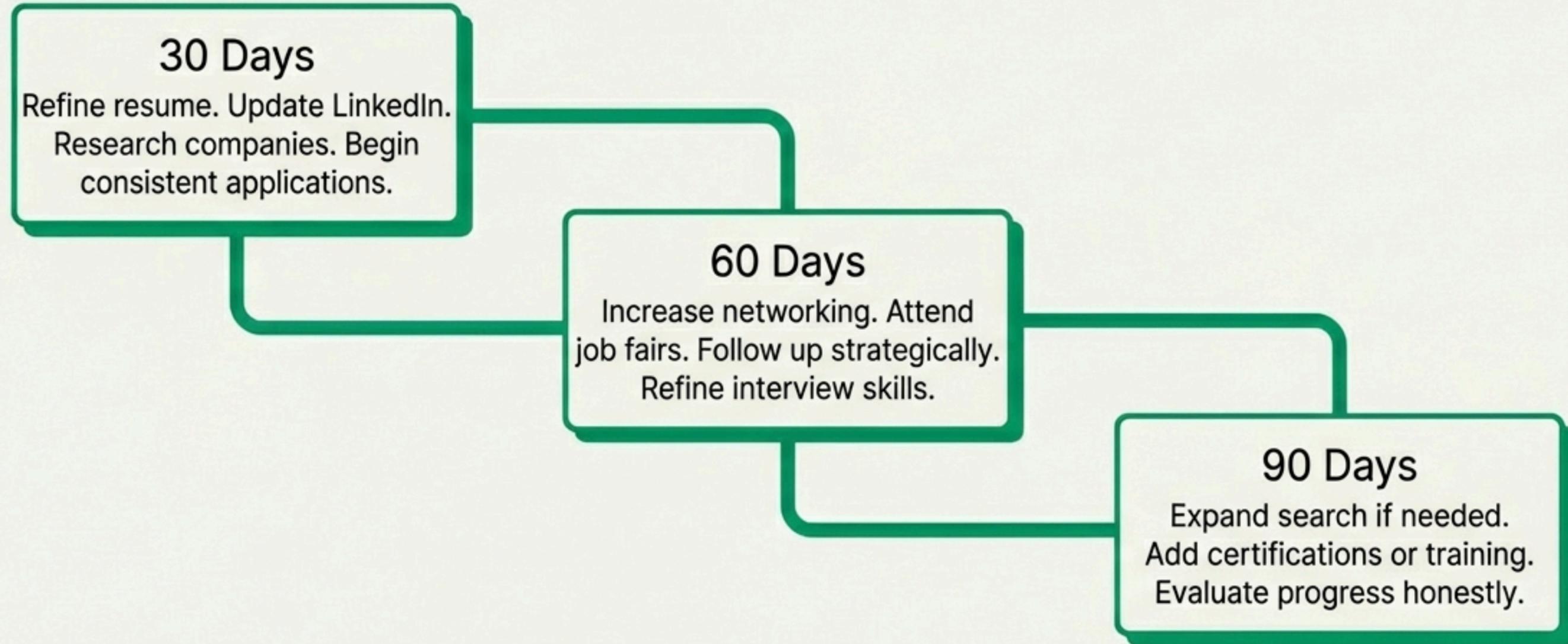


[Activity Goals]

- Submit 5 targeted applications per day.
- Reach out to 3 new networking contacts per week.
- Practice interview answers twice weekly.
- Update LinkedIn once per week.

If you win the day, you win the month.

Break the ultimate goal into manageable 30-60-90 day plans



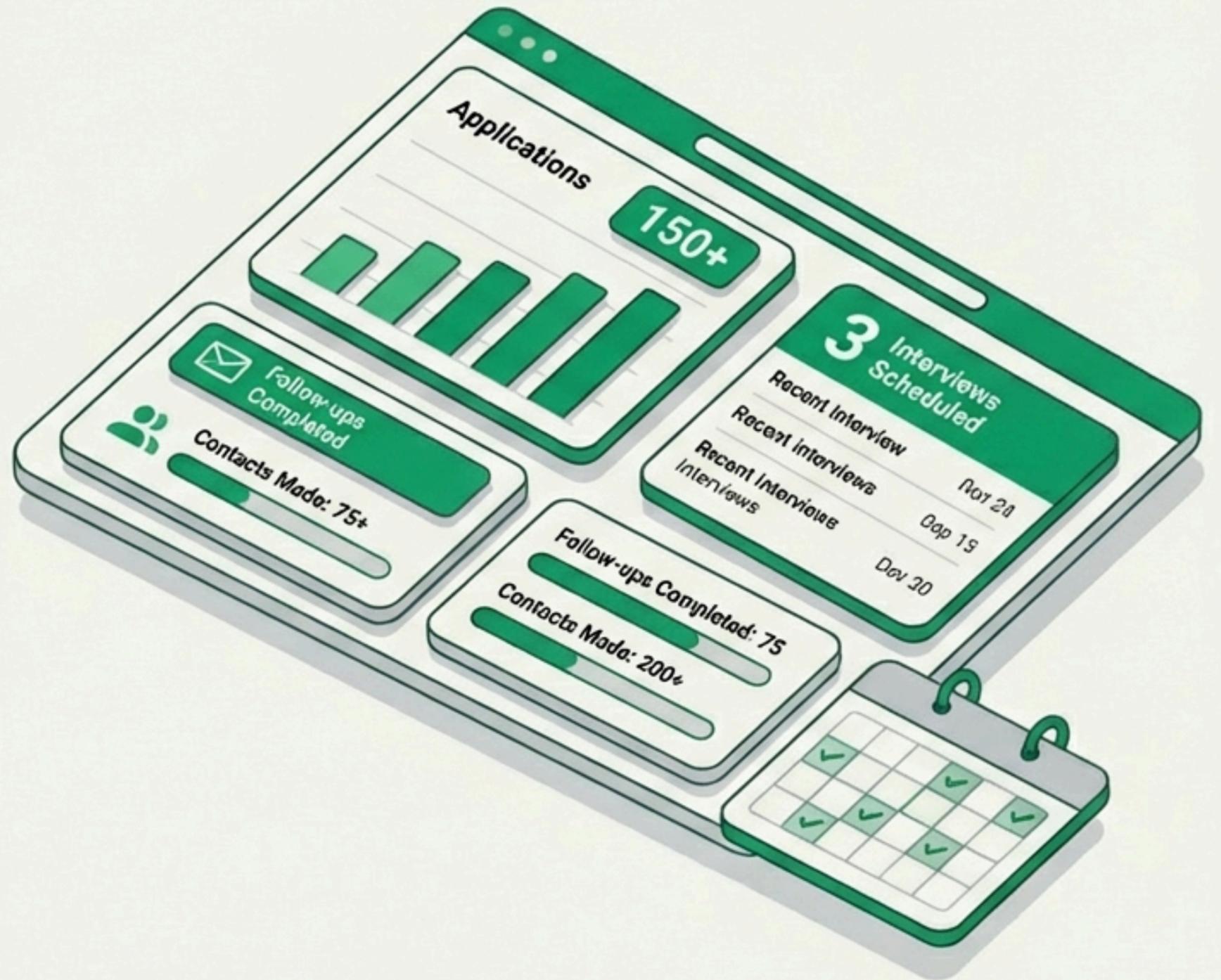
This transforms anxiety into action.

Track daily progress to create control and reduce fear

What gets measured improves. Keep a simple spreadsheet tracking:

- Applications sent
- Interviews secured
- Follow-ups completed
- Contacts made

Tracking creates control. Control reduces fear.



A delayed job search is a profound opportunity for growth

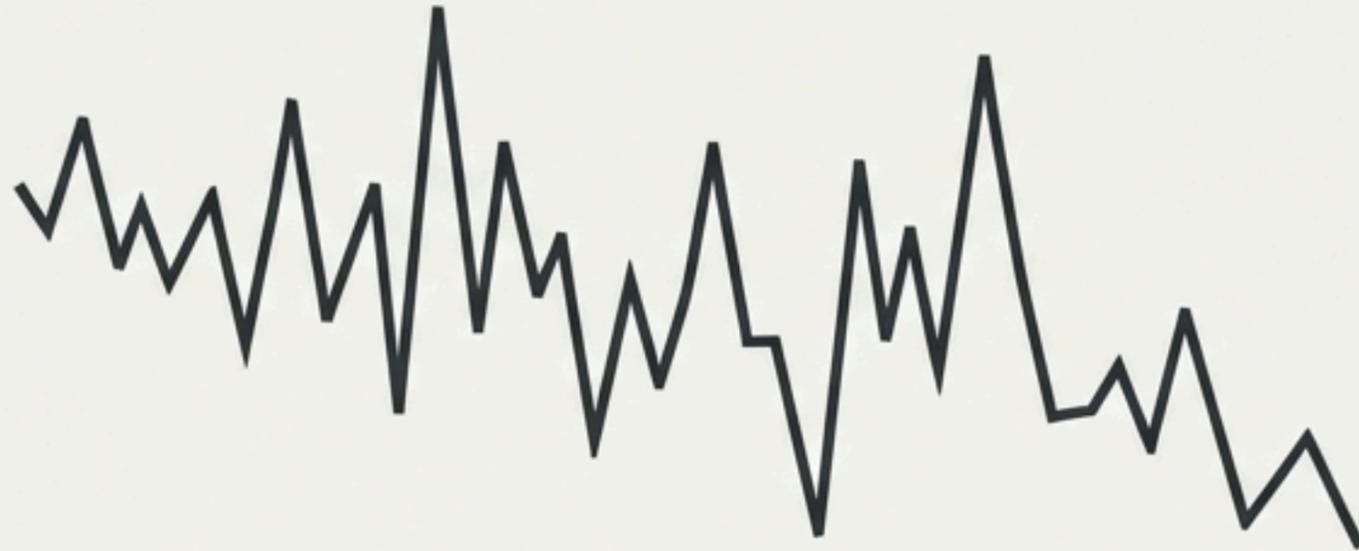
What if this job search is not just about employment, but about growth? You may leave this season:

- More confident
- More skilled
- More networked
- More focused

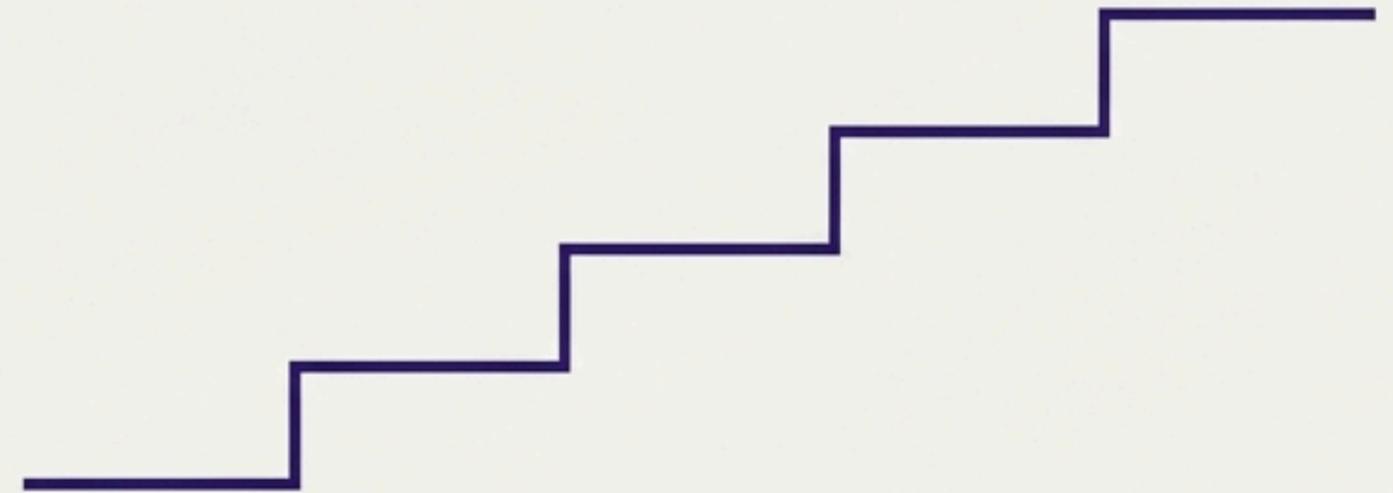
Sometimes the delay sharpens you for a better opportunity than you originally imagined.



Treat the search like a mission to build a reliable system



Person A: Applies occasionally, hopes for the best, and quits emotionally after a few rejections.



Person B: Builds a system. Tracks progress. Learns from feedback. Adjusts strategy. Keeps showing up daily.

Six months later, the one who treated the search like a mission wins.

Roadblocks demand adjustment rather than retreat

These principles apply to anyone pursuing growth. Whether you are building a career, launching a business, or advancing professionally—roadblocks don't mean stop. They mean adjust.



Commit to consistent momentum and immediate action

The Challenge:



1. Stop taking roadblocks personally.



2. Start treating them as strategic feedback.



3. Set specific 90-day goals.



4. Track your daily actions.



5. Commit to consistent momentum.

Write down your immediate next steps to break discouragement

Before you close this document, write down:

- The specific job title you are targeting.

- One improvement you will make to your resume this week.

- One networking action you will take in the next 7 days.



Action breaks discouragement. You are not stuck; you are in transition. You are not behind; you are building. You are not rejected; you are refining.



Keep moving because your destination is still ahead

Keep moving. Keep refining. Keep believing.

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