

Four Tips to Keep Focussed and Productive During These Challenging Times

1. Identify and address any development needs that would make you an even more attractive candidate. Consider using online resources such as courses offered by the Open University, though [OpenLearn](#) and LinkedIn Learning, which offers thousands of courses, many certificated, payable via a monthly premium subscription, but cancellable any time after one month.
2. Update and enhance your sector knowledge through research and online engagement with relevant key industry contacts to get prominent people's views. This will again enhance your employability.
3. Stay in touch online with key contacts to see how things are going for them, and 'resuscitating' old contacts with whom there could be useful online dialogue, this also enables you to show that you are thinking of them in these challenging times
4. Consider your health and wellbeing, so carry out activities that distract from the continuous bad news cycle, such as reading a gripping novel, or biography of someone you admire, listen to music you love, watch a film or TV series that you enjoy