



WOMENS SELF DEFENCE AWARENESS



Be aware if someone warns you of the danger of walking alone and then offers to accompany you, this is a ploy some attackers have been known to use!



Take flat soled trainers or ballet shoes out with you if wearing heels, when going home put these on before you leave- put one of the heels in your bag, the other is a great improvised weapon if needed.



Never accept a lift from a stranger or someone you don't know that well, even if you are cold, wet, tired or running late.



Let someone know where you are going and the likely time you will be home, if this changes and all's good let them know, at least the alarm can be raised if you don't return.



Don't keep all of your valuables in your handbag, if you have pockets use them for your purse/cards/cash.



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- SPRING BOOT
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- FULL STACK JAVA DEVELOPMENT

SEND YOUR CV INFO@SCALARSOL.COM

6 INSIDER JOB SEARCH FACTS THAT'LL MAKE YOU RE-THINK HOW YOU'RE APPLYING

Information sourced from themuse | themuse.com/advice/6-insider-job-search-facts-thatll-make-you-rethink-how-youre-applying

1. MOST JOBS ARE A SECRET

They're not a secret, per se, but 80% of jobs never get posted and are only found through networking.

Which means, scouring the web is not enough. It works great for seeing what's out there, but for all those other jobs, you'll need to talk to other humans.

2. KNOWING SOMEONE ON THE INSIDE CAN GET YOU HIRED

Maybe the job you're looking for is posted online, but that doesn't mean you should keep your interest to yourself. With so many applicants, more and more companies rely on the networks of their existing employees. Especially because companies want to hire people who "get it" and who'll click with the current staff.

3. RECRUITERS DON'T REALLY READ YOUR RESUME

Well, they do, but they don't. Recruiters spend, on average, six seconds reviewing your resume. Translation: A resume alone won't get you a job, but a bad one can ruin your chances.

4. HUNDREDS OF PEOPLE ARE APPLYING FOR THE SAME JOB

Did you know that a typical corporate job posting will attract 250 resumes on average? With this in mind, you might want to think twice before just throwing your resume in with the other 249 again and again. I know, that number's scary. But it's a good reminder of why you do need to tailor your application and put in that extra energy.

5. THE JOB SEARCH DRAGS ON (FOR EVERYONE)

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6. YOUR EMBARRASSING EMAIL ADDRESS WILL DISQUALIFY YOU

Please, please don't be the person to use your email from middle school. And don't overlook less obvious things—like if your email address is "engineersteve@yourdomainname.com" and you're trying to land a job in a completely new field.