

# STUCK IN A JOB SEARCH?

This isn't about your capability.

Under pressure, something shifts and it changes how you show up.

## WHAT IT LOOKS LIKE

- Getting interviews... not converting
- "You weren't successful" no clear reason
- "That wasn't me" after interviews
- Mind goes blank
- Can't access thinking or articulate
- Overthinking everything

## WHAT'S SITTING UNDERNEATH

- Financial pressure building
- Constant internal chatter / worry
- A lot going on at once
- Energy going into managing that not performing
- They can feel something's off but can't name it

## SOMETHING DEEPER IS HAPPENING

- Feels like they've lost access to themselves
- Capability is intact but not showing up
- "This isn't how I've ever operated before"

## WHAT I DO

- Identify the exact pattern under pressure
- Show where it's blocking momentum
- Test small, targeted shifts
- So you can:
- think clearly again
- re-engage
- move without over-processing

Trying to solve this alone is guesswork.  
I pinpoint the pattern and what shifts it

## WHO THIS IS FOR

- Women 35 +
- Recently retrenched / stuck post-exit
- Senior roles (long tenured corporate role )
- Smart, capable but stalled

## PRESSURE MAPPING

- If someone comes to mind
- Make an intro via email
- Print & forward this page

**START HERE WITH A 20-MIN PRESSURE CHECK**

A FOCUSED SESSION TO SEE WHAT'S HAPPENING THAT'S FAST

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