



> EXPERTS IN GLOBAL SEARCH

NewsRelease

CONTACT:

Seamus Kelleher

215.751.1767

seamus.kelleher@mrinetwork.com

NEW YEAR SPARKS RESOLUTION TO CHANGE JOBS There's A Right Way To Go About The Search, Says MRINetwork

Philadelphia -- Not surprisingly, the beginning of a new year prompts many people to stop complaining about their jobs and embark on a search for more fulfilling work. Job boards see a definite spike in visitors during the first month of the year, particularly among the professional and managerial sector of the work force, according to **MRINetwork**, one of the world's largest search and recruitment organizations.

"Most people change jobs or even careers at least three times in their work life," says Michael Jalbert, president of **MRINetwork**. A recent survey of nearly 700 people conducted by **MRINetwork** revealed that 31 percent of the respondents had changed jobs four or more times during the past ten years; 23 percent had changed three times, 24 percent two times, and 23 percent one time.

"It's just human nature to want to make a fresh start in the new year," says Jalbert, "but many people who are experiencing job dissatisfaction don't follow through or go about their search for a new position with adequate preparation."

Jalbert offers several suggestions aimed at helping people actually stick to their resolutions:

- **Conduct a thorough skills analysis.** List your achievements, both in jobs you've held and in activities outside your job, and determine what your best skills are.
- **Take some time to reflect on what you really want to do.** Ask yourself where you visualize working and figure out your best options to make it a reality.
- **Conduct your research.** Attend seminars and associations in your field of interest. Keep up with general business news. Target companies that interest you and use the Internet to research them.
- **Network with everyone you know.** Ask friends, relatives, neighbors and colleagues for advice, referrals and contacts.
- **Prepare for your job search.** Knowing your strengths and practicing to interview will boost your confidence.

The biggest mistake most people make is changing jobs simply to get away from their previous company, their boss or their co-workers. "Make sure that the change truly addresses your dissatisfactions," advises Jalbert. "If you're simply trading one position for another, you'll be out searching again before long.

About MRINetwork:

Management Recruiters International, Inc., branded as **MRINetwork** (www.mrinetwork.com), is a subsidiary of CDI (NYSE:CDI), a global provider of engineering & information technology outsourcing solutions and professional staffing (www.cdicorp.com). **MRINetwork** has nearly 1,000 offices in over 35 countries.

###