EPILEPSY NEW ZEALAND
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General Job-seeking Tips



Having epilepsy does not mean that you will always struggle to find or keep a job. The job market can be competitive. It is therefore a good idea to be as prepared and informed as possible.

To increase your chances of landing the job you want, there are some things you can do:

- *Focus on your abilities and strengths.*
  If you have difficulty with this, you can talk to your friends, family and even previous employers or teachers about how to best sell yourself – they might be able to help you define what you're good at.
- *Emphasise your accomplishments.*
  You might have demonstrated your ability to make a difference in a variety of settings, including volunteer roles. Think about what you achieved, what you learned and when you had a lasting impact in places you worked, volunteered or studied, as this is often very important information to potential employers.

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