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Patience During the Job Search**By Nora Caley**

If you have been looking for a job for months, don't lose hope.

According to Norwalk, Conn.-based ExecuNet, executives surveyed in 2007 said it took them about 10 months to find a new job, compared to 13 months in 2004. That's according to the executive recruiting network's 15th Annual Executive Job Market Intelligence Report.

According to the report, some executives subscribe to the idea that for every \$10,000 they were earning annually, it should take a month to find a job. Dawn Quesnel, a Boston-based career and life coach, says she uses that gauge, even during economic downturns.

"I think sometimes the economy plays a factor, and other times people use the economy as an excuse," she says. "It depends on your job level and the resources and tools you're using."

If one of her clients expresses frustration at not being able to find a job in a few months, Quesnel helps them find additional tactics.

"The mistake people make is they rely only on the Internet or only on sending résumés, or only the recruiter they're working with," she says.

Instead, job seekers should use a combination of these methods, and follow up with phone calls.

"You need to be on top of mind with the recruiters, with people in your network," she says. "What people do is they send out résumés into the black hole of the Internet."

She also recommends calling hiring managers, even if the job ad includes the text, "No phone calls please."

Call after you sent your résumé and make sure they received it, says Quesnel, whose company is called Career Life Balance.

"People worry about being a pain," she says. "You won't jeopardize your chance for the job if you call to ask if they received your résumé."

The ExecuNet survey also indicated that two thirds of executives credit networking as the most effective method for finding a job. Networking can include everything from handing out your business card at business-related events to using the Internet to find your old friends through social websites.

Quesnel says networking is a good way to find unpublished jobs. It can also help boost your self-esteem during a long job search.

"I recommend enrolling other people and asking for help and support," she says. "Have a job search buddy." Self-examination helps too.

"Look at your attitude and energy," she says. "If you have been in a job search for a while and are not getting second interviews, you are putting something out there, so examine your attitude."

If your self-esteem really needs a boost, write a list of your job-related accomplishments. The list will make you feel better, plus it will give you some information to share when your next interviewer asks how you saved money or increased sales at your last job.

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