

Guarding Your Energy

Navigating Uncertainty & Recruitment Scams

Career Prospectors

Tuesday, Sept. 8, 2026

Introduction

Here is our agenda for today:

- Navigating Uncertainty
 - Questions
 - My inspiration
 - Video Clips
 - Sense of Time
- The Scam Recruiter
 - Spotting
 - What to do
 - Protecting yourself and your data

Some Questions for you

Show up

Speak your truth

Let go of the outcome

– Angeles Arrien, *The Four-Fold Way*

Dichotomy of Control

The Happy Secret to Better Work

Time

A man who could not see the end of his “provisional existence” was not able to aim at an ultimate goal in life. He ceased living for the future, in contrast to a man in normal life. Therefore the whole structure of his inner life changed; signs of decay set in which we know from other areas of life.

he unemployed worker, for example, is in a similar position. His existence has become provisional and in a certain sense he cannot live for the future or aim at a goal.

The research work done on unemployed miners has shown that they suffer from a peculiar sort of deformed time—inner time—which is a result of their unemployed state. Prisoners, too, suffered from this strange “time-experience.” In camp, a small time unit, a day, for example, filled with hourly tortures and fatigue, appeared endless. A larger time unit, perhaps a week, seemed pass very quickly. My comrades agreed when I said that in camp a day lasted longer than a week. How paradoxical was our time-experience!

Takeaways

- Define process over outcome.
- Anchor confidence in daily preparation.
- Separate personal value from external rejection.

Recruiter Scams

- Targeting vulnerable population - us
- Where do they show up
- How to spot a scam
- What to do when you find one

Where & How to Sport

- Text Message
- LinkedIn
- Email

- Text Message - many of these are scams; check the number & verify the number
- LinkedIn - will ask to connect, send you a message
- Email - can look very legitimate

Emails

- Check the @ name
 - Should be company name not gmail, outlook, etc.
- Find them on LinkedIn
 - Does the profile look legitimate - regular posts, complete profile
- Reach out to the company they say they are from

What to do

- Write down the name and any contact information they provide
- Report spam, block, delete
- Call the company and report them
- If appear to be impersonating someone else, reach out to the legitimate person and let them know
- Report to LinkedIn

Spotting the scam - example

I received this email and I am not sure it is legitimate.
Please help me out.

Andrew Bishop <bishop@asmhires.com>

Mon, Sep 7, 11:25 AM (22 hours ago)

to me

Hello,

Kindly be reminded to respond to the offer as iterated above.

Regards

On Fri, Sep 4, 2026 at 4:32 PM <bishop@asmhires.com> wrote:

Good Afternoon,

Thank you for your interest in the Remote Instructional Designer Position at ASM. After reviewing your background, we'd like to invite you to an interview.

If you're interested in continuing, please reply with "Interested" to confirm your availability. Once we hear from you, we'll follow up with details about the online interview and next steps in the process.

The interview will be an opportunity to discuss the role, compensation, and what it's like to work at ASM.

We look forward to connecting with you.

Kind Regards

Protect Yourself

- Check your credit report, freeze if necessary
- Search your name in Google
- There are ways to have information about you deleted
 - Google is one option

Questions

Some announcements

Upcoming Career Fairs

Brightpoint Community College

September 10, 3:30 - 6 pm
Chester Campus
Nicholas Center, room N102

September 15 12 - 2:30 pm
Midlothian Campus
Hamel Hall, Room H109

Free and open to the public

Accountability Group

Sign-up is still open

We are using *Never Search Alone* as a guide

Next meeting date, time and location will go out by Thursday, Sept. 10

For questions or more information see Margaret Sequeira or Alison Coops