

Boo 🧛

Before we get started, I would formally like to apologize for all the Halloween puns yet to come—jk, we're just creepin' it real.

Now, please indulge me as I paint you a terrifying tale of haunted applications and monstrous recruiters.

The haunting starts in your dorm. You stare at the computer screen as your email loads. The lights flicker, and an eerie feeling settles over you. No response from the recruiter—you've been ghosted.

Finally, you're able to rid the poltergeist and land an interview. You show up prepared and ready when the recruiter enchants you with a hex. You spend the next 30 minutes stumbling over questions. No amount of follow-ups could Frankenstein your chances of getting the job.

Time passes, and you've relaxed into the fact that the horror is over. After several interviews, you started your dream job, and today's your first paycheck. You log into your banking account, and the number smirks back at you. *Congratulations. Once you pay your bills, you'll have approximately \$50 to grab ramen at the store.* A vampire has sucked the life out of your paycheck.

Whatever it is, career horror stories haunt the job search, but we're here to help. So, let's dive into it and see what we can conjure up.

Stay spooky,

Your Boo

Paragon One

P.S. Want more treats? Forward this email to your friends, and if they subscribe [using your link](#), you'll start earning rewards.

📧 A little Sneak Peek 👁️👁️

- eep the party going after Halloween
 - e recruiters to make a higher salary
 - ll stop recruiters from ghosting you
 - loodsuckers & burn out
 - oll
- + the bare bones you need to kickstart your career



ALL TREATS—NO TRICKS

what's happening & career trends

- Looking for some funding for your next creative endeavor? [Culture Moves Europe](#) provides mobility grants for artists and cultural professionals in all European countries. It covers the sectors of architecture, cultural heritage, design and fashion design, literature, music, performing arts and visual arts.
- Beware of the [glass cliff](#): when employers place women or minorities into leadership when there's a crisis.
- Looking to find your dream job in the climate or social space? Attend this Wednesday's [Your Green Career](#).

SPELL OF THE WEEK: WITCH BETTER HAVE MY MONEY 🧙‍♀️

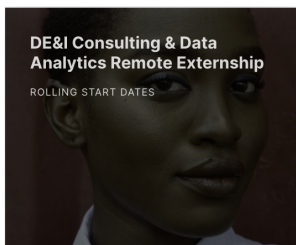
Let's talk green—no, we're not talking about spells that turn a prince into a frog, but rather how to make those most bang for your buck.

Did you know you can typically negotiate about **5–10% above a salary offer?**

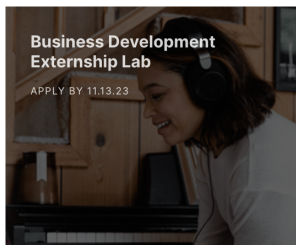
During the interview, clarify the salary range by asking the recruiter, "What skills differentiate the 75K candidates from the 85K candidates?" The key is to push employers to quantify skills and experience. Then, when it's time to negotiate, you can use this to clarify why you qualify for the higher salary.

Remember, when it comes time to negotiate, never accept the first offer, express gratitude and reiterate the value you add to the company.

GHOSTBUSTERS 👻



 CREDERA



 THEMATIC

 **Career Blood Suckers: These things are Burning You Out 🔥**



We're in a bloodsucking epidemic, and by that, I mean if you're like more than half of us, you've experienced burnout.

According to Deloitte, 77 percent of people have faced "employee burnout" at their current job, with over half experiencing it more than once.

Unfortunately, even if you don't have a job, these bloodsuckers can come for you. Whether you're grinding away at a 9-to-5 or enduring the endless abyss of unemployment, you're a potential victim.

Are you Burnt Out?

Identifying that you are burned out can be challenging. Here are some signs to look for:

- Feeling overwhelmed by tasks as simple as sending out resumes.
- Becoming the human embodiment of irritation and frustration, even when your Wi-Fi decides to buffer for a millisecond.
- Avoiding social interaction like it's a contagious disease.
- Declining physical or mental health, such as disrupted sleep patterns or heightened anxiety.

Oh, and did I mention that research links burnout to coronary artery disease, hypertension, sleepless nights, depression, anxiety, and a burgeoning friendship with alcohol and drugs?

While there can be multiple causes of burnout, like lack of control, rejection, unclear expectations, workplace dynamics, and much more, we're here to help you tackle these problems. Think of it as a wooden stake or garlic for the bloodsuckers.

Combat Burnout



Ghoal-Getter

[Lindsay Smith](#)

Lindsay was recently selected to be a Rare Beauty Impact Ambassador for Mental Health. We're excited to see her tackle the public health niche of mental health, contributing to its awareness and advocacy efforts.



{% if customer.RH_REFLINK %}

We can't keep keep all this good stuff to ourselves—we need your help!

Have friends who are also looking to level up their career? Let's bring them into this community!

And hey, at Paragon One, we're all about rewarding hard work.

So for friends who subscribe using your unique referral link, you'll **earn some rewards** to help continue to propel you in your career!

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See how many referrals you have

{%endif%}



The Community Drop is curated for ambitious students and early career professionals. If you care about your professional growth, career tips from the Fortune 1000, and balancing all the things—you're in the right place.

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