



COACHING PRESENTS:

The 5x5x7 Job Search Method

A structured, proactive approach
to landing your next role—faster!

What is the 5x5x7 Method?

A strategic way to boost your job search by focusing on **5 applications, 5 connections, and 7 follow-ups** each week.

5 Job Applications:

Apply for five high-quality jobs that match your skills and career goals.



5 Networking Connections:

Reach out to five people in your industry or target companies to build relationships.



7 Follow-Ups:

Follow up on past applications, interviews, and networking conversations to stay on the radar.



futureucoaching.com.au

Why Does This Work?

The 5x5x7 method ensures you are actively working towards opportunities while keeping your job search manageable and sustainable. Here's why it's effective:



Consistent Activity:

Keeps you engaged and moving forward without feeling overwhelmed.



Stronger Connections:

Many jobs are filled through networking, and this method builds key relationships.



Increased Visibility:

Following up keeps you on employers' minds and shows initiative.



Higher Success Rate:

More applications, connections, and follow-ups mean more opportunities.

COACHING

ROBERT CUGNO



Robert Cugno



Future U Coaching



How to Apply the 5x5x7 Method

- **Monday** – Apply for 2 jobs, send 1 LinkedIn message
- **Tuesday** – Apply for 1 job, follow up with a recruiter
- **Wednesday** – Apply for 1 job, attend a networking event
- **Thursday** – Apply for 1 job, connect with an industry professional
- **Friday** – Follow up on applications and previous conversations



Pro Tip: Keep a simple spreadsheet to track applications, contacts, and follow-ups!

Start Your Job Search with Confidence!

Book a FREE Career Strategy Session to refine your approach and fast-track your success.

Book here:



futureucoaching.com.au

FutureU

