



Canada Needs More Confidence and Less Fear

By Dale Jodoin
Columnist



Canadians already know the economy is struggling. They do not need another article telling them groceries cost more, housing costs more, and jobs are harder to find. They know. They live it every day. For months, Canadians have been telling politicians, business leaders, and experts that something feels wrong. Families have been cutting back. Young people have been searching for work. Parents and grandparents have been worrying about what kind of future the next generation will inherit. None of that is news anymore. The real question is what comes next.

If you listen to enough headlines, you would think Canada is on the edge of collapse. One day it is the economy. The next day it is a war somewhere in the world. Then it is another crisis, another warning, another prediction that the sky is about to fall. Fear sells. It always has. Yet Canadians have heard these warnings before. In the 1970s, inflation was eating away at family budgets. Prices seemed to rise every time someone walked into a grocery store. Fuel costs climbed. Interest rates rose. Families worried about paying bills and keeping food on the table. Many people thought the good times were over for good. They were wrong. Canadians adapted, businesses adjusted, and eventually the economy recovered. The lesson from the 1970s is not that hard times are easy. The lesson is that hard times end.

The same lesson appeared again in 2008. The financial crisis spread around the world. Businesses slowed down. Jobs disappeared. Retirement savings took a hit. People watched the news and wondered what disaster would come next. There was fear that entire economies could collapse. Yet Canada weathered the storm better than many countries. Communities carried on. Workers adapted. Businesses found ways to survive. Recovery did not happen overnight, but it happened. Looking back today, many people barely remember how frightening those months felt at the time. That should remind us that today's challenges, while serious, are not the first serious challenges Canada has faced.

Many Canadians are no longer worried about getting rich. They are worried about staying afloat. That may be the biggest economic warning sign of all. When people stop dreaming about the future and start worrying only about next month's bills, confidence begins to disappear. The greatest threat to Canada may not be a recession. It may be losing confidence in ourselves.

History matters because it reminds us that Canadians are builders. We built railways across a vast country. We built industries that supported generations of workers. We built communities, schools, hospitals, roads, and businesses. We did not build them by panicking. We built them by getting to work.

That is one reason many Canadians are watching new energy projects closely. Whether it is pipelines, natural gas, mining, hydroelectric power, or other forms of development, many people see these projects as opportunities to create jobs, attract investment, and strengthen the economy. No project is a magic solution. They cost money and take years to complete. But growth rarely happens without investment. Canada cannot build a stronger future if it is afraid to build at all. A country that stops building eventually starts shrinking. New pipelines and energy projects may not solve every problem tomorrow, but they can help create the kind of long term growth that gives future generations more opportunities. Every major project built in Canada today becomes part of the foundation future Canadians stand on tomorrow.

The same conversation applies to education. For decades, trades helped build the middle class. Carpenters, electricians, welders, mechanics, machinists, truck drivers, and countless others helped shape this country. Today, many employers say they cannot find enough skilled workers. At the same time, many young people are struggling to find stable careers. Perhaps it is time to place greater value on the skilled trades once again and remind young Canadians that success can take many different paths. Not every student needs a university degree. Canada will always need people who can build homes, repair equipment, maintain infrastructure, and keep the country running. Strong trades programs can create good jobs while helping solve labour shortages at the same time.

Immigration is another issue Canadians discuss openly. Canada has always been a country built by newcomers. Generation after generation, people arrived here looking for opportunity and became part of the Canadian story. Most Canadians do not oppose immigration. What many want is a system that is fair, organized, and focused on helping newcomers succeed while maintaining the values and responsibilities that hold the country together. The conversation is not about rejecting people. It is about making sure Canada remains strong enough to welcome them successfully.

What often gets lost in political arguments is that Canadians have more in common than they sometimes realize. Most people want safe communities. They want decent jobs. They want affordable homes. They want their children and grandchildren to have opportunities. Whether someone lives in Vancouver, Calgary, Winnipeg, Toronto, Oshawa, Montreal, or a small town in Atlantic Canada, those goals are remarkably similar.


Patriotism should not be controversial. Being proud of Canada does not mean believing the country is perfect. No country is. It simply means recognizing what generations before us built and wanting to leave something even better behind. Canadians come from many backgrounds, faiths, cultures, and experiences, but we share a country. That shared identity matters.

There are good politicians and bad politicians. There are good business leaders and bad business leaders. There are good ideas and bad ideas. No single group has all the answers. The strength of Canada has never come from a handful of powerful people. It has come from ordinary Canadians helping one another through difficult times.

The economy may be slowing, but that is not the whole story. The story is also about resilience. It is about a country that has weathered difficult decades before and emerged stronger. It is about communities that continue to support one another when times are tough. Canadians should not ignore problems. They should not pretend everything is fine when it is not. But neither should they forget who they are. The generation that faced inflation recovered. The generation that faced the financial crisis recovered. The generation that endured the pandemic recovered. Canadians have a long history of proving the experts wrong when times get tough. The economy may be slowing, but Canada is not finished. Not even close. The future will not be decided by fear. It will be decided by what Canadians choose to build next. If history is any guide, betting against Canadians has rarely been a winning strategy.

Stop Fearing Rejection

By Nick Kossovan



At the risk of stating the obvious, if you're looking for work, you're likely fearful of rejection. I constantly see job seekers paralyzed by fear of rejection, dreading the sting of hearing "No." Rejection isn't a personal tragedy; it's an unavoidable part of job searching, just as my articles are sometimes rejected, is part of "being a writer." Viewing every job application as an emotional investment is why job seekers struggle with their job search. Let go of the dread you're harbouring and approach your job search as an activity that thrives on volume and resilience, not on emotional validation.

Regular readers know I emphasize mindset. To expedite your job search, adopt a "Business of One" mindset. A job seeker is essentially someone seeking an employer to buy their service(s)—their expertise and labour. An employer choosing not to buy isn't personal; it's just a business transaction that didn't close. I know firsthand that the fear of rejection is a real and exhausting emotion. However, observing those who achieved the success I wanted made it clear that rejection is something to overcome, not something to lean into.

Breaking out of the paralysis caused by fear of rejection requires recognizing that rejection is part of a numbers game. Baseball's greatest hitters—Babe Ruth, Ty Cobb, Ted Williams, Tony Gwynn—failed to get a hit 70% of the time. They built their careers on failure and still made it into the Baseball Hall of Fame.

Your job search requires the same resilience. Getting hired only requires one "Yes." However, you'll never hear "Yes" if you're too afraid to swing the bat. Consider the following strategies to strengthen your ability to cope with rejection.

- 1. Become Comfortable with Not Knowing**
When you submit an application or leave an interview, don't agonize over what your interviewer(s) might think of you. How people perceive you often has far more to do with them than with you. They might misinterpret your resume or mannerisms, or you might trigger an unconscious association with someone they disliked. Other people's inner thoughts are beyond your control. Obsessing over what you can't control is a massive waste of mental energy. Instead, redirect that energy to your job search. Control what you can—your preparation, skills, and execution—and let go of the rest.
- 2. Recognize That You Aren't the Centre of Attention**
We'd worry less about what others think of us if we realized how rarely they do. The idea that a hiring manager is actively dissecting your character and critiquing every flaw is a figment of your imagination. Get that sh*t out of your head. Recruiters and hiring managers are overworked. They're sorting through hundreds, if not thousands, of applications to fill open positions, not sitting around judging your worth as a person. They care about only one thing: whether you'll deliver measurable value to the bottom line.
- 3. Their Opinion Is Not Your Problem**
A two-page resume, a LinkedIn profile, or a 30-minute phone screening rarely captures a person's true competence. When a hiring manager forms an opinion of you and decides to pass, consider it their loss, not yours. Never internalize a stranger's judgment. Organizational psychologist Dr. Adam Grant notes that rejection often reflects poor organizational fit rather than a statement about your personal worth. It's a mismatch of timing and needs, not an audit of your underlying value. However (me interjecting), it never hurts to consider how you can better present your skills and qualifications so employers can easily see how you'll enhance their profitability, greatly increasing your chances of hearing "Yes."
- 4. Stop Trying to Blend In**
Many job seekers believe that becoming a corporate chameleon, smoothing their personality, using a generic resume, relying on inconsequential buzzwords during interviews, and giving scripted, robotic answers, hoping to "blend in," is an effective job search strategy. Playing it safe doesn't reduce your chances of rejection; it makes you forgettable, which is a job seeker's kiss of death. Recruiters and hiring managers, especially the good ones, value individuality. Your unique skills, experience, and personality are your competitive advantage.
- 5. Focus Entirely on Execution**
Rather than focusing on what scares you, focus on what you want to accomplish. Focus your mind entirely on finding work. Think of it this way: if you were administering life-saving CPR in a crowded public square, you wouldn't care what bystanders thought of your hair or jeans. The mission's intensity completely drowns out the noise. Treat your job search with the same mission-critical focus.
- 6. Run Toward the "No's."**
Stop running from "No's." Collect them until they mean nothing. Rejection Proof author Jia Jiang demonstrated in his "100 Days of Rejection" experiment that the best way to eliminate your fear of rejection is to actively seek it out. The moment you realize that a "No" doesn't harm you, the word loses its power over you. Make collecting rejections a daily goal. Reach out to people you'd like to connect with and apply for roles that are beyond your current abilities. Accumulating "No's" will quickly show you that "No" isn't the end of the world. You're still standing, your coffee still tastes the same, and you're able to move on. Who knows, you might even get a "Yes."

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