

Claude Is Your New Career Ally

*5 ways to use Claude for the parts of your AI job search
that move the needle, and how to automate the rest.*

INTRODUCTION

Most People Are Using Claude Wrong

Most people open Claude, ask for a cover letter, and stop there. That's the least useful way to use it.

The real leverage is everywhere else: the profile recruiters search for, the roles that never hit a job board, the interview prep built for one specific conversation, the negotiation backed by real numbers. And once your search is running, the daily busywork around it, tracking applications, drafting follow-ups, scanning new postings, is exactly the kind of repetitive work Claude can take off your plate.

Here are 5 ways to put it to work, with prompts you can copy, paste and adapt today. You can use every one of them in your browser or in Cowork, here's the difference.

BEFORE YOU START

Two Ways to Use This Guide

IN YOUR BROWSER • claude.ai

Open a chat, paste in a prompt, and talk it through. The simplest way to start, and a natural fit for sections 1 to 4, where you want to think it through in the moment.

IN COWORK

Claude works directly with your files, your resume, your spreadsheet of applications, and can run on a schedule without you opening a chat. This is what turns section 5 into real automation instead of a prompt you copy every morning.

SECTION 1

Rewrite Your LinkedIn So Recruiters Find You

Recruiters search by skill and outcome, not by job title. If your profile reads like a job description, it won't surface for the searches that matter. Feed Claude your current About section and 2 or 3 recent roles, and ask it to rewrite around what you did.

PROMPT

Here's my current LinkedIn About section and my last 3 roles: [paste]. Rewrite them to lead with outcomes and the skills a recruiter would search for when hiring a [target role]. Keep my voice, cut jargon, and use concrete numbers wherever I gave you one.

Tip: paste the job descriptions of 2 or 3 roles you want next, and ask which keywords are missing from your profile.

SECTION 2

Map the Hidden Job Market

Most open roles never make it to a public job board, they get filled through referrals and direct outreach before the listing goes live. Claude can help you build a target list before you ever see a posting.

PROMPT

I'm targeting [role] at early-stage AI companies in [region]. List 15 companies likely to be hiring for this right now, and for each one, give me one recent signal, a funding round, headcount growth, or a new leadership hire, that suggests they need this role.

Tip: ask Claude to draft a short, specific outreach message for each company on the list, referencing the signal it found.

SECTION 3

Prep for the Interview You're About to Have

Generic interview questions waste your prep time. Give Claude the real job description and your background, and have it run the actual conversation.

PROMPT

Here's the job description for [role] at [company], and my resume: [paste both]. Role-play as the hiring manager. Ask me the 5 questions they're most likely to ask given this specific description, one at a time, and give me feedback on each answer before moving to the next question.

Tip: ask for a second round with your toughest, most specific question repeated, so you can compare your answer.

SECTION 4

Walk Into Salary Talks With Real Numbers

Guessing your worth costs you money. Ask for the range first, then the script.

PROMPT

I have an offer for [role] at [company], [seniority level], based in [location]. Give me a realistic comparable salary range for this role, company stage and region, then write a negotiation script I can adapt, polite but firm.

Tip: ask for 2 versions of the script, one for a counter on base salary, one for a counter on equity or signing bonus.

SECTION 5

Automate the Daily Busywork (Best in Cowork)

Your job search has a technical core, finding the right roles, the right words, the right numbers, and a repetitive core: tracking, following up, scanning. Claude can run the second part daily so you spend your energy on the first.

PROMPT · DAILY DIGEST

Here are today's new postings matching [your criteria]: [paste or link]. Summarize each in 1 line and flag the 3 best fits for my background.

PROMPT · APPLICATION TRACKER

Here's my running list of applications: [paste table]. Update it with today's activity, and tell me which ones are overdue for a follow-up.

PROMPT · FOLLOW-UP DRAFT

Draft a short follow-up email to [company]. I applied [X] days ago for [role]. Reference [specific detail from the posting] and keep it under 100 words.

In your browser, paste these whenever you want an update. In Cowork, ask it once to run the daily digest every morning, and it becomes a standing task, no copy-paste required.

*None of this replaces the work of finding the right fit.
It clears the busywork out of the way, so you spend your time on the 20% that gets you hired.*

Follow Martina La Porta for more on translating your skills into an AI-era career, or subscribe to AI's Other Shore on Substack.