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Career Decisions in Uncertain Times

By Amy Crawford

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With the state of our security and economic times cracking beneath our feet, what are Americans thinking about their current career positions? Torn between building job security in a low-risk environment and pursuing a career that adds to their quality of life, will Americans be sure about which way to jump if the bottom falls out?

Since the terrorist attacks, career choices have been challenged in a few ways. "Being a career makeover coach," says Shana Spooner, www.shanaspooner.com, "I'm finding two things - either people are keeping their heads down and hoping not to be laid off or they are re-thinking their career choices to do something more meaningful." The full impact of the terrorist attacks and the slowing economy will not be know for some time, but many travel-related fields are sure to be affected along with most tourism industries. Regardless, this attack has Americans thinking about their job security. Those who are laid off are forcefully given the choice to get back to work doing something they view secure, or they can take this opportunity to get started doing something that holds more meaning.

Those who choose to stay with a less fulfilling job, for security, may take it over risking their financial stability. "For some, security is becoming more important and people are deciding not to make any changes at this time," says Sandy Kaiser a life coach for the McNeill Group in Dallas, Texas. On the other hand, Rachelle Disbennett-Lee of www.coachlee.com says, "My clients on the east coast are having a more difficult time with career decisions than my clients on the west." She expects, that now, fewer people in the east are willing to give up who they are for their job.

Michael Stratford, a life coach for Center for Creative Development in Norwood, PA believes, "Some people now fear a high-profile career will put them in an unsafe location." He says, "Many people seem to be re-visiting their values and what's truly important to them. This tragedy has been a wakeup call in so many ways."

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Many coaches did say, that for those planning a career change either willingly or unwillingly, should not rush the decision. Maria Marsala, a life coach at www.coachmaria.com, says, "Emotions are very high. It is best to make changes based on values and needs and not on an emotional whim."

For those struggling with their career path, here is a list of things to remember:

1. Make a list of your likes and dislikes for every job you've held.
2. Write down your first memories of doing something you found really fun, and be sure to look for forgotten interests.
3. Ask others what they think you are good at to determine interest in a field you may have been unaware of.
4. Write down the qualities you like in others and look for those qualities in your next employer.
5. Make a list of the things that are most important to you and be sure that your next career fits into those needs.

This self-exploration could lead to a new discovery that may include creating a new career through freelance or entrepreneurial ventures, rather than looking to companies to provide it. This prospect could be risky for many, however. Johanna Haney, a mentor and author at www.DreamJobsToGo.com responds, "I know a lot of freelancers in various fields such as writing, Web design, and PR, who are taking a rather desperate approach to finding immediate full-time employment. These freelancers fear a recession and are searching for a steady source of income." Haney believes that there has never been a better time to freelance. Her book "How to Get Started as a Freelance Editor" states, "One of the benefits of freelancing in this economy is that companies are looking for economical ways to finance things like an editing budget. One way companies do this is by hiring freelance editors rather than in-house editors." Haney suggests that when you hear a company is going to downsize, send them your marketing materials right away.

All of this falls in line with what many life coaches believe. Candace Hammond of www.personalpowercoach.com puts it like this: "People have been scared and have seen that life is precious and fragile. It reaches deeper than work, people fear not living consciously fulfilled, meaningful lives." Many do not know where to begin.

Career coaches offer many services that help people find what they need, to begin a career that adds to their quality of life instead of drawing from it. There are also other services out there that help you search for careers that might be right for you, and one is www.acinet.org. It offers several resources from career diagnostic testing to career updates and information. For those who know what they are looking for but don't know how to get started, www.DreamJobsToGo.com may be the solution. This site has ebooks on getting started in various unique careers and it offers a free mentor message board, where you can have your career questions answered by author experts.

Ultimately, career coaches believe Americans have the choice. If career changes are viewed as an opportunity rather than a crisis, then we are more likely to bounce back effectively.

Amy Crawford is a writer who specializes in career and employment topics. She runs the free Dream

Job Mentors discussion group at <http://www.DreamJobsToGo.com>.

What a Career Coach Can or Cannot Do For You

By Marilyn Tellez

I want to start with what I think good career coaches do for people who are looking for new jobs, facing downsizing, ready to retire, but want to work longer, etc. Any category of job seeker is who we want to work with. I'll start with my own definition..

1. Coaches can become friends with you. Friends of a kind that you can tell your secrets to and not fear recrimination or judgement about you and your decisions.
2. Coaches have resources for you. All kinds of resources to give you or ask you to find for yourself. They are: videos, books, websites, people, you name it. These resources are meant to awaken your desire to find the information that only you need to make a career decision.
4. Coaches guide you towards the decisions you want to make. Most job seekers know what they want, but need confirmation of what they really want to do, regardless of how many the choices may be. The career coach helps the job hunter make firm decisions.
5. The career coach is also a cheerleader. A cheerleader who wants the job seeker to win, and win at the job or career decision

What a Career Coach Cannot Do: The coach is not a therapist and cannot solve deep personal problems. However, the coaching experience may be therapeutic with the job seeker becoming more authentic in the coaching process, simply by having a person who is interested in their welfare.

A career coach is not someone who can solve your financial problems either. Talking about what you need to do as a joint venture about how money affects you is a possibility in the coaching process, but not how to spend or budget money. That's the kind of advice a financial advisor is better suited to handle.

Lastly, a good career coach is a person who can celebrate with you when you have successes. The coach will be there when you need more information, resources, or just a pat on the back. Go find one when you need career help.

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Marilyn J. Tellez, M.A.

Certified Job & Career Transition Coach

Email:

Web:

What a Career Coach Can or Cannot Do For You

LOOKING FOR A NEW JOB, A NEW CAREER OR BETTER PAY!

When Your Career Becomes Very Stressful

Pass-Guaranteed.com Offers IT Career Enhancement Opportunities

Finding The Perfect Career

Gate Crash into the Interior Design Industry.

How to become a Chef!

Insider Secrets to Flea Market Profits

How To Improve Blood Circulation

Money Making Flashy Designs in a Box



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