

In a Rut? Ready for a Career Change?

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By Cecile Peterkin

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Are you unhappy at work? Tired and lacking energy and drive? Don't worry, you are not alone! Studies in the US show that up to 70 percent of the workforce is unhappy with their job at any given time.

We all feel dissatisfied and frustrated with our jobs at times. So, how do you know when the feeling of dissatisfaction and frustration means it is time for a career change?

There are a few key signs which point towards a need for change:

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feeling overwhelmed by your workload

*

unable to balance your work and life responsibilities

*

confused about roles and duties in your job

*

easily irritated and ready to explode at the slightest provocation

We choose our career path for many different reasons: because of our parents' encouragement; because it is a successful occupation; or for the financial reward (to name just a few). However, you may be in a career that doesn't support your core values. This could be the root of your discomfort.

Take a personal and professional inventory. Ask yourself some important questions.

1.

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Look at your current job. How did you get there?

2.

What are your personal attributes (artistic, adaptable, creative, leader, etc.)?

3.

What are your core values (autonomy, growth, helping others, financial security etc.)?

4.

What are your greatest strengths?

5.

Identify your accomplishments.

6.

Identify your career satisfiers and dissatisfiers: For each position you have had throughout your career what activities or responsibilities did you enjoy (and not enjoy) doing?

7.

What is important to you, personally and professionally?

8.

What you would like to do or accomplish during your lifetime (personally or professionally) so that you will consider your life to have been well-lived?

9.

What are you most excited about now?

Take a look at your answers. Is your present career in line with who you are, what you value, and what you are good at? If not, then it is time to make a change.

Once you have established that you are ready for a career change, start thinking about and noticing what you want. If you could do anything, what would you do? By assessing your accomplishments, skills, strengths and weakness you will be able to see a link between what it is that you value, what you are good at, and where the "juice" is for you – all things that you can turn into a new career.

Decide what you want and create your opportunities. **MAKE A PLAN.** Then, use this plan to switch from resentment in your current job to looking at the positives you can take to your new career. What are your transferable skills? What are you learning in your present position that you can take with you? Once you have a plan, stay focused on your intention, and pay attention to opportunities that present themselves.

Despite your present frustration and your excitement at the possibilities ahead of you, it is natural to feel afraid about starting a new career. Feel the fear and do it anyway! Remember, the power to do so

is within you.

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Cecile Peterkin is the President and Founder of Cosmic Coaching Centre, and publishes "Recipes for Success", a Free monthly ezine on living your best life both personally and professionally. Cecile is a certified Career Coach and Retirement Coach and Speaker. She helps Middle Managers overcome the "Middle Syndrome" of being stuck in a middle position in mid-life.

When Your Career Becomes Very Stressful

By Stan Popovich

What do you do when the career you have chosen stresses you out? When this happens, it is easy to get depressed since your career is very important. As a result, here are some suggestions on how to deal with your career anxieties.

Determine why your career makes you stressed out. Maybe its some aspect of your career that makes you anxious or maybe you need a new job. Do some soul searching and determine the main causes of your career anxieties. Once you know why you are stressed, then develop a plan of action.

Maybe it is not your career that is stressful, but instead your job that is the problem. If it is your job that makes you anxious then try to find ways to improve the situation. If this doesn't work then change jobs.

Sometimes it may be the career itself that is the problem. Do not be afraid to change careers if you have to. People nowadays change careers for various reasons. Many adults go back to school to get the necessary training for their new career. The important thing is to determine which career best suits you.

Remember you have options. There are all kinds of jobs and careers out there so do not feel that your back is in the corner. If you do not know what to do, then take a career skills assessment test which will determine what kind of job or career best suits your particular interests and skill sets.

There are many career coaches that can give you additional advice. Your local college has career counselors that can give you much assistance and provide you with information on a variety of careers.

It is important to find a job or career that makes you feel good about yourself. Do not just take a job because the money is good or because it will impress your friends. You're the one who has to go to work everyday, so find something that you like to do and also will pay the bills. It will take some work, but eventually you will find something.

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to:

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