

Media Article



Vocational Guidance Services

DON'T FEAR A CAREER CHANGE

“ If you think you can or you think you can't, you are right” Henry Ford

Most of us dream of rich reward in life and career. Many of us never get round to acting on those dreams. So why is that people will stick to a job they hate year after year, mourning about it to whoever will listen and yet many of them seem to fear change or even going through a guidance process that will enable positive change. This article will attempt to give you the courage to find work you love.

One of the most common worries about confronting career change is financial security; the attitude where it is better to hang on to a job you loathe just to pay the bills. This is a dangerous short-term view of things because in today's fluid economy there is no such thing as a secure job so you had better take control of your career or drown when your corporate tide changes. Further more companies no longer see rigid employees happy to be stuck in a rut as assets, they look for self-motivation, flexibility, initiative along with the capacity to constantly learn and adapt. If you have been in the same organization in the same position too long prospective employers may well see that as a negative. Believers respect those who take charge of their careers rather than those who sit around waiting for orders. So it may well be risky not to follow those dreams and you had better do so before the turn of crisis.

Another reason people hold back on making meaningful career change is because of the fear of being seen as none conformists. Ridiculously few people believe they can find the work they love so if you do you may be pitting yourself against the opinion of family and friends. In this situation people hide their dreams out of fear of mockery telling themselves to be satisfied with their lot. Of course all the same people who laugh at you will want to be your best friend when you do succeeded in a job you enjoy but in the meantime draw inspiration from others who have broken ranks to do what they want to do rather than what they have been told to do. Never believe all the years spent in a career have been wasted as they will have been invaluable lesson on life and business along the way. Often those who embrace change are those who have already been very successful in a first career but now want to re-create their lives. They want their jobs to be filled with happy hours rather than wait longingly for the happy hour at the bar on the way home.

Well some are held back by others a lot of people are also held back by their won self doubt that little voice that tells you “do I really deserve such happiness – would I ever succeeded?” Ignore that voice and heed the one imploring you follow your interest instead; your creative self. The only reason you should be telling yourself I can't change now is because you haven't had the time to plan and research your career change yet. Be patient with yourself and allow time to prepare and dream.

Lastly don't spend time and energy mourning and groaning about your career situation. As Churchill said “things do not get better by being left alone” channel negative thoughts and time spent criticizing yourself and others into positive career planning time. Don't expect anyone to dig you out of a career rut you have to do that for yourself. Don't complain that you hate your job if you have done nothing to rectify that situation and if you think you are too old, too poor, too unqualified to make a change you are only putting yourself down. So promise yourself that you will start working on making those career dreams come true. To quote Eleanor Roosevelt “the future belongs to those who believe in the beauty of their dreams”

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