

Gaining Career Satisfaction

By Kelly Magowan, The Clarity Group, AACC Member, 2003

Thomas Eddison said “I never did a days work in my life, it was all fun” which is something to aspire to, though somewhat idealistic for even people like myself who love what they do, sometimes you just get out of the wrong side of bed, or things just seem to keep going wrong which impacts on your mood and enjoyment of the day ahead. What I would suggest is though it may be unrealistic to expect to have a great day all day every day, it is reasonable to expect that the majority of you working life be enjoyable and satisfying - we all deserve this!

As a career counsellor risk in all its various shapes and forms is what I believe to be what prevents the majority of dissatisfied or unhappy workers from moving on. Any type of change in a person's life brings with it an element of risk. For the most of us we tend to steer away from areas we personally consider to be high risk. Embarking on a career change involves moving out of your comfort zone, which falls into the 'high risk' category for a lot of people. Though you may be utterly bored with your work there is likely some comfort you feel in your daily routine, seeing your colleagues, the familiarity of your office environment and the certainty of your weekly pay cheque. Unfortunately this sense of comfort does not always bring with it the personal and emotional satisfaction we seek from the work we do. Without meaning and satisfaction in our work we loose our motivation, commitment and purpose, which manifests itself into the drudgery of the daily office grind!

Through embarking on a career change, you are undoubtedly taking a risk, which is probably why at any given time X % of people are contemplating alternative jobs or careers, however do not take steps make it happen. When approaching any perceived risky situation the key is to ensure that the risk you take is calculated, rather than taking a gamble!

If you are seeking to make a career change but are unsure about the direction to take your career, or alternatively you have been unsuccessful in your previous career transition attempts, the assistance of a career counsellor can be valuable. With the support of a professional career counsellor your risk is minimised and your chance of finding and securing a new career that is satisfying in greatly increased.

If you talk with anyone who has sought the assistance of a professional career counsellor or undertaken any form of personal development they will tell you that the hardest part is picking up the phone and making an appointment. This is literally the biggest hurdle people face and requires a huge shift in thinking and a large commitment by the person involved. By breaking this barrier and being receptive to the possibilities of who they could be and what they could be doing, the majority of people undergoing a career transition really start to find that things change from the moment that they make the appointment to see a career counsellor. Of the people that have

sought career assistance from me 90% have gone on to make a successful career change. The reason behind this is that by engaging the services of career counsellor, in their mind they are fully committed to making a change. By starting to set goals and working with a career counsellor they become focused and motivated they are more likely to achieve what they set out to do.

The Clarity Group is a Career Management Agency with consultants who are specialists in the area of career management and bring with the qualifications and professional expertise in the areas of Recruitment, Corporate HR, Psychology and Career Counselling. The Clarity Group provides a holistic approach to career management, through discovering who you are, your skills, drivers, and setting career goals. We work with you giving you the tools and support to put to market yourself, convincing potential employers of your value and ultimately to achieve your career goals. We are committed to empowering people to manage their careers both today and in the future.

If your career is currently lacking direction call The Clarity Group on 9593 2990 to discuss how we may be able to assist you.