



Careers Newsletter

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How to Find the Courage to Change Your Career



The career path you choose is one of the most important decisions you make in life. After all, most of your waking hours each year are spent at work!

If you struggle to find happiness in your current line of work, you may be experiencing a temporary lack of motivation that will

quickly disappear. Or it may be a signal that it's time for a change.

A career choice is more than just paying the bills and putting food on the table. You deserve to spend your days doing work you enjoy and your career should align with your values and goals. You owe it to yourself to find within you the courage to change your career direction!

Take Your Time

A career change is an opportunity to think carefully about your values and determine what matters most to you. This takes time. Be patient and give yourself permission to take the time you need to determine what's most important to you in your career.

Ask Questions

Ask yourself some questions to explore your values and find out what's important to you. Why did you choose your career in the first place? What did you like about this line of work? Have those elements of your job disappeared through changes that



have taken place, or have you simply forgotten what drew you to this line of work in the first place?

What do you wish you were doing instead? Is there a job within your current company that can better utilize your talents in a more interesting position? Seek advice from your employer on opportunities that exist within your company to learn new skills or transfer to a more interesting position.

Take Small Steps

Take baby steps towards the life you crave. While it may seem right to run away from your current career as fast as you can, a hurried approach may backfire. If you take the time to think through your decisions and make the best decision possible, you'll experience greater joy and fulfilment in the long run.

Chase your big dreams by breaking them down into small, manageable action steps. Seek the advice of others who are already successful in the line of work you're seeking to enter into. Structure your goals in a way that allows you to attain regular feedback on your progress, so you know when you're on track and when you're off course.

Respect Your Current Employer

When it's time to leave, do so gracefully. As you move closer and closer to the career change you seek, continue to perform your current job to the best of your ability. You may need your current employer as a reference, and an attitude of service will increase your self-confidence as you prepare for a dramatic change in your life.

Believe in Yourself

Trust your instincts and your ability to succeed. You can achieve any goal that you set out to accomplish. With proper planning and a hunger to succeed, you'll experience the career success you crave. Keep your dreams in front of you, believe you can achieve them, and begin today to take the first steps toward the career you are destined to enjoy.

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