

Considering Changing Your Career?

Should I stay or should I go from my current job? How? What? When? Where?

Take time to think about YOU – it is important to choose a career or qualification you will really enjoy and that fits in with your life needs

Questions to Ask Yourself

- What interests me?
- What do I enjoy most in my current job?
- What things about my job do I really dislike?
- Is the need to change more about me, my lifestyle or my job?
- Am I prepared to make big changes (e.g. move) to achieve this change?
- Am I prepared to undertake additional training or study to make the change?
- Do I mind having to start a job from the beginning again if necessary?
- What are my current commitments – to family, friends, financially etc?
- What life work balance am I seeking – will this change help me achieve this?
- What do I want out of a new career?
- When is the right time to do this?

Things to consider

Identify your support network – family, friends etc.

Manage the stress by setting priorities, eating well, doing regular exercise & getting enough rest.

It is important to give yourself time to adjust to the changes – you can't do everything at once!

Keep focused on your goals & use your support network.

Most importantly remember it is YOUR decision – be confident in your ability to choose what is right for you.

If you would like to discuss making a Career Change, the team at the Career Development Centre are available to help.

“Knowing when to stay the course and when to move in a new direction is an essential part of career development in today’s rapidly changing world of work”

Career Crossroads by Norman E. Amundson and Gray Poehnell (Richmond, BC: Ergon Communications 2001)

Most people have mixed feelings about changing their career.

It is important to make plans to cope with these changes.



Career Development Centre