



Careers Newsletter

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Happy New Year

Hope you have had a good break and are looking forward to whatever the New Year holds. We are here to help if the issues in this Newsletter affect you.

Quotable Quotes

By prevailing over all obstacles and distractions, one may unfailingly arrive at his chosen goal or destination. ~ Christopher Columbus

How to Reinvent Your Career



Are you an employee, entrepreneur or manager who suddenly finds it necessary to reinvent your career due to the economy, redundancy or going out of business? Or, do these uncertain times simply inspire you to make a change?

If so, you may wonder if you can make a fresh start without having to start over.

The good news is, you can. Here's how:

Feel Your Feelings

Get angry or frustrated or confused or scared or excited. It's natural and healthy. No need for the stiff upper lip, but no need to be a gibbering wreck. Also no need to deny any enthusiasm. Respect your feelings, manage them, and then move forward.

Inventory Your Passions

Ask yourself (or someone you trust): What do I like about me? What do I do better than anyone else? What do I own or use that makes me unique, whether it's the tone of my voice or jazz collection or something else?

The Value of Values

Discovering what we value can be elusive especially under the influences of the "shoulds" from society and loved ones. It can help to ask yourself, what is most important to me? Security? Freedom? Independence? Money?

Having Strengths is Not Enough

Know your strengths, yes, AND remind work colleagues and networking contacts about

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where you excel. Be visible. How? Listen to and collaborate with others; share your ideas; if you're working, participate in meetings and accept projects that highlight your skills.

Say "Yes" to Everything

Saying "yes" to all opportunities is a powerful expression of self-confidence. It attracts more (and better) opportunities and choices—you can always change your mind.

Transferable Skills

Instead of starting something entirely new, you can start by building on what you already know/have done. From accountant try a transition into financial planning; from teacher to social worker; from real estate agent to tour guide, etc. If it worked for you in the past, it could serve you well now.

The Secret to Reinvention

Don't know what to "change into?" That's okay. The only way to find out is to experiment. Volunteer, job shadow, temp or take part-time work in a field you've always been curious about as a career. The best place to start is to follow whatever you're drawn to—trust your instincts.

Find Support

You're not alone. There are always others in a similar position as you. This is no time to be isolated. Networking with others via job-hunting groups, small-business groups and manager support networks leads to new opportunities. Letting people know you're looking for work or customers is not begging, it's marketing.

Turn Lemons into Lemon Meringue Pie

If it were impossible to fail, what career would you choose, today? Is it what you are doing now? If not, could this transition be the time to make a significant change?

And obviously as career coaches we can help, so call us today on 0121 429 8583 for a no obligation discussion.

New Service

We now have a new service, the **Career VIP Day**, for clients who need quick action or concentrated coaching. Because coaching is concentrated, it can also suit those for whom a regular commitment is difficult. As with all our coaching, this can be face to face or by phone.

Call us now on 0121 429 8583 for more details.

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