

5 Mistakes to Avoid in Career Transition

Introduction

It's easy to make mistakes when you're doing something unfamiliar, so why not learn from the experience of others? Here are 5 common mistakes in career transition – and how to avoid them.

Don't Look Backwards

You've done your resettlement workshop, maybe done a few courses but nothing grabs you. Maybe you've applied for a few jobs and haven't found anything yet. You start to look back to the career you had, where you knew where you stood, knew when you got paid, knew what to expect - none of which apply now. Take heart! This is the best opportunity you will ever have to transform your outlook and create a new life for yourself. And the best bit is, you get to choose your own future. So don't waste time looking back at the great career you've just had, look forward and see this as the start of something new and wonderful.

“When you change the way you look at things, the things you look at change.”

Dr Wayne Dyer

Don't Follow the Crowd

We all have unique talents – what are yours? Deep down, what do you stand for? In short, who are you? If you have a sense of your core values and beliefs, your guiding spirit, follow that energy to be the person you really want to be. Just because most of your former colleagues are applying for jobs doesn't mean it's what you really want to do. So take some time, reflect, think about what you really want to do with the rest of your life. Then go for it.

“Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the reasons of other people's thinking. Don't let the noise of others' opinions drown out your inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.”

Steve Jobs

Don't Wait for Opportunity

It's all very well waiting for something to turn up, but it's far more powerful to get out there and create opportunities, to be proactive rather than reactive. If you see someone doing something that interests you, the best way to find out how to be like them is simply to ask them. It's amazing how open people will be if you approach them in the right way and simply ask them politely how they got to where they are. When we take responsibility for ourselves and our future, our whole mindset

changes and we take control of our own destiny. We start to innovate and see ways of solving problems and making improvements that can be the start of a whole new career or business. So get out there, knock on doors, ask for introductions, speak to people and network, network, network. Eventually you will find the right opportunity for you.

“Chance favours only the prepared mind.”

Louis Pasteur

Don't Look for What You Can Get

Can you think of someone you know who always looks out for themselves before thinking of others? Now think of someone you know who does the opposite. Who would you rather work with? When starting anything new, be open to what's involved and look to see what you can give rather than get, to make a positive difference rather than simply to meet your obligations in exchange for a pay cheque. This attitude will shine through in job interviews or when pitching for investment funding to start a business. You are far more likely to succeed if you go to give rather than get. In the short term you may be elbowed out the way by someone who talks a good game, but in the long run this attitude will pay off and you'll be much happier.

“You make a living by what you get. You make a life by what you give.”

Anon

Don't Chase the Money

What does success mean to you in your next career, your life? Is it really only about more money? Set goals in all areas of your life including family, friends, health and fitness, learning and development, your spiritual life as well as earnings and career goals. Then look at your career as a series of stepping stones to achieve all your goals, not merely your career goals. View each job, or business start up, or volunteering experience, as the development opportunity for the next step on your journey. Write your goals down, visualise them being achieved, maybe even draw pictures of what they mean to you and believe in them. And review them annually – you'll be surprised how many of them you achieve.

“To laugh often and love much, to win respect of intelligent people and the affection of children, to leave the world a little better, to know even one life has breathed a little easier because you have lived...this is to have succeeded.”

Ralph Waldo Emerson

If you want help to *transform* your transition - pick up the phone 020 8720 6762 to arrange a free no obligation chat, or drop me an email to: info@transitiontransformers.co.uk