

### How to get your ideal job



Are you working in a job that you know is just not where you want to be long term?

Do you find yourself coming home at the end of each week feeling stressed and unfulfilled?

Do you want to make a change in career and have no idea where to or what you will do?

**Career choice is about unlocking what makes YOU creative and energized.** It is about creating options for yourself and then honing in on the one which resonates best with you.

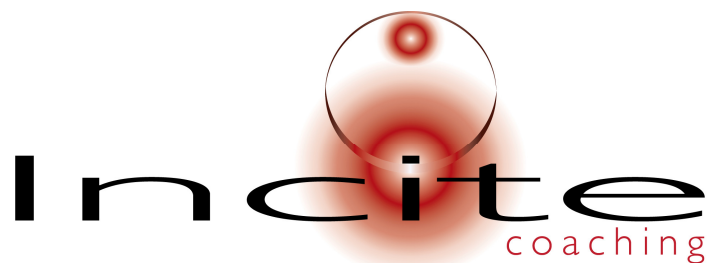
**Career matters.** John Lees, Leading UK Career Strategist, believes that we spend approximately 80% of our waking energy at work, travelling to or from work, or worrying about work related tasks! Research has also found that only 30% of people love or at least enjoy their job. The rest only do it to earn money or because a job's a job, some even detest it!



Over recent decades, job satisfaction research shows that we have become less **satisfied** with our work. We are more likely to 'burn out' and we are more likely to need stress counselling and **career coaching**. I'm sure you all know plenty of people like this, probably some better than others!!!! So why do so many people put up with spending the majority of their waking energy in a job that they don't like, stressed out or unfulfilled?

Some of you may have fear around moving or changing jobs. This may be due to the current economic climate; or you may think you are too old to change careers, or that don't have the experience or qualifications to do what you actually want to do. Or even that you will never find another job that will support your lifestyle.

Think again! I have seen time and time again, people breaking through these issues if it is what they truly want. Nine times out of ten we create these boundaries for ourselves, based on our beliefs, values and our past experiences. So how can you get around this? Using the services of an experienced **career coach** or **counsellor** will help you overcome these limiting decisions and give you alternatives to move you closer



towards your goals. Here are some simple steps that you can also do to help you start the process moving:

### 1) Make a decision

Firstly make a **conscious decision** about what you want to achieve. Do you want to move companies, and stay in a similar role? Do you want to go back and study? Do you want a total change of career? Do you want a career break to go travelling?



People who make a conscious decision about their working lives are more **successful** and **satisfied**.

They have thought about what they want to do and are actively following that path. Think about how much motivation you have to play your favourite sport or do your favourite past time. Imagine if you could have the same level of motivation to get up on a Monday morning. After years of working in a job that I found unfulfilling 80% of the time, I now do have that level of motivation, it's great and I would highly recommend that to each and every one of you!

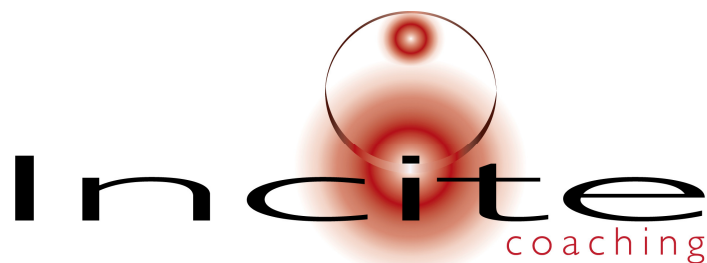
### 2) Brainstorm the components to your ideal job

There isn't a simple formula to 'what is my ideal job? or what shall I do now?' Although it is commonly known that if you are passionate about what you are doing, you are more likely to **enjoy** your role and therefore **succeed**. So spend some time thinking about your next career change, invest in you. Your ideal job is a complex mixture of:

- Who you are (what is **important** to you, your **beliefs** and your **values**),
- What you do (what you **enjoy** doing, your favourite past time, what **motivates** you)
- What you know (what your **strengths** are, what you are good at)

So start thinking about each of these aspects. What type of company would you like to work for? What will the culture be like? How would you like to be managed? What values will the company have?

List all the things that you do in your current role (this will also help with writing your resume). What do you enjoy doing? What do you wish you did more of? What can you do without? What do you enjoy doing outside of work? If it is playing a team sport, can you potentially think of a job which will allow you to use some of the same skills? If its football, it may not be a realistic goal to be a professional football player, but if it is the competition you enjoy, maybe a competitive role, such as a sales role, or setting up your own business could be suitable?



Finally list all the things you know you are good at, speak to your friends, colleagues and any past bosses to see what they think your strengths are (you will quite often find they will come up with a number that you didn't even consider to be strengths).

A full analysis of your ideal job is a lot more complex than this, although these simple steps will get you on your way to thinking about the types of jobs you would be interested in. For a more in depth analysis of how to find the ideal job for you, contact one of our career coaches, on [info@incitecoaching.com.au](mailto:info@incitecoaching.com.au), to see how they can help you find a fulfilling job that motivates you.

### 3) Get talking

The next step is **research**. Hundreds of new careers are being created every year. What jobs are out there that you just don't even know about? Speak to those that you meet and find out what they do. Use your network, friends, clients, research on the internet and use tools such as LinkedIn to help you.

If you speak to somebody with a really interesting job, tell them that you are really interested in what they do, ask them if you can take them out for a coffee and find out some more information about what they actually do on a day to day basis to see if it would be something you would be interested in. People enjoy speaking about themselves and will feel flattered to have been asked.

So if a **career transition** is on the cards for you, start the process moving now and join the 30% of people who love or enjoy their job.....maybe we can even increase that number!

Incite Coaching has developed a number of exercises and techniques to help you uncover your ideal career and assist you through your career transition. For more information on how our services can help you become more **fulfilled, satisfied** and **succeed** in your chosen career, speak to one of our **career coaches** today on +61 2 9560 4407 or email [info@incitecoaching.com.au](mailto:info@incitecoaching.com.au). Additional resources are available at [www.incitecoaching.com.au](http://www.incitecoaching.com.au).

**Jennifer Collier** is Director and Career Coach with Incite Coaching Pty Ltd. After working in the Recruitment and HR industry for a number of years, and with qualifications in Coaching, NLP, hypnosis and performance consulting, Jennifer and the Incite team offer a tailored approach to help you through your transition.