

## How To Change Careers

By Rachel Williams

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At some stage in people's lives they often find themselves asking themselves some important & life changing questions.

What am I good at? What kind of work suits me? Where am I going?

Asking these questions can be harder than people think, but with the help of professionals it is achievable.

Rebekah Goodwin, who has 20 years experience working with job seekers & employers, says in an entire working life it is not unusual for an individual to have up to seven industry changes.

"These days many individuals change positions after two years with a company.

This is often because they have outgrown them," Ms Goodwin said.

"Whatever your situation, it can be helpful to talk to someone about your path & your choices, be they a mentor within your current organisation, a career/life coach or an individual in a role similar to the one you are considering."

Ms Goodwin said another good think to remember is to think about your strategy.

If you are seriously considering a radical career change, then you may be required to study or complete a course relevant to the field.

"If it is a less significant change, such as an industry change it may require you to take a step backwards or sideways in terms of responsibility or salary."

The experienced employment development consultant said flexibility is the key.

"It also pays to research the company and industry that you are interested in and analyse the reasons why you are attracted to them."

"If you are unsure about which direction you are headed then take the time to find out what makes you tick and why."

If you are not sure, there are many psychometric assessments that can act as tools to allow yourself to do analysis on yourself. These tests can determine your strengths, weaknesses, transferable skills and motivations. Ms Goodwin said sometimes these processes can be a process of elimination.

"Decisions can be based on what you don't desire to do as well as what you do."