



TOP TIPS FOR RE-ENERGISING YOUR CAREER MOTIVATIONS

If you find you are in a bit of a rut at work, dreading each day and seeing little point in making the extra effort – it's the beginning of downward spiral. Pretty soon you'll be finding ways to call in sick, you'll start being unreasonable with colleagues and discovering that even the things you used to enjoy are an irritant. So stop the rot before its too late ! We are all a long time at work and in the current climate it can be particularly difficult to escape to a new role. In a way this is a good thing because it gives us the chance to deal with the issues that cause our de-motivation rather than just run away from them. So here are some tips to get the kick start you need:

CONSIDER THE BIG PICTURE :

- Remind yourself of why you took the job in the first place – some of those reasons may still hold true
- Find ways of checking out whether the grass will be greener in a different job or different company, chances are that the current economy will be causing similar problems elsewhere. However, if the problems are unique to your job or your company then maybe it really is time to cut and run !
- Take a step back and identify what you really want from your career. If what you're currently doing isn't a stepping stone towards this, then start to build your escape route.

KNOW WHERE YOU ARE HEADED:

- Often the simple act of taking control of your own destiny helps you feel better about your current situation. So draw up some targets for yourself – make sure each one is achievable through "bite size chunks" and start incorporating them into your daily to do list
- Talk to your manager about how they see the future of the company and how they see you contributing to its success – if you are realistic about timeframes, you might find that there is plenty in store for you when the time is right

USE ALL OF YOUR SKILLS :

- Take stock of your whole skill set and compare it to what you use in your day to day role. If you are not using all of your abilities consider how you could enhance your job by using more of them. Or alternatively look for activities outside the work place that will use those skills not needed in your job.
- Get feedback from those you work with on what they see you doing really well. Often our best traits come so naturally we don't even "see" them ourselves. Once you know what others value about what you do, you are in a better position to actively seek out opportunities which will use them

THINK AHEAD:

- In a recession it's tempting to imagine that the market is standing still – however, in fact it marches on a pace. So don't get caught "napping" investigate what new skills you will need to have for the future – now could be an ideal time to develop them
- Get prepared – if you want to change jobs but there simply aren't any advertised right now, you can still keep your CV up to date, practice your interview technique and keep yourself informed about the companies you would be interested in working for one day.

*Interested to know more ? Contact Michelle today
on 07717 122950 and find out how she could help you !*

LEVERAGE YOUR NETWORKS :

- People always like to know what's going on and so even if business is quieter, its important to maintain your relationships. Be proactive organise updates with your networks – if you view it as an exercise in information mining rather than sales development you'll be amazed what you pick up !
- As the market tightens opportunities shift “underground” – most new opportunities are discovered through informal networking rather than formal job vacancies ! So keep your contacts warm :o)
- If your line manager has lost interest in your development – think about who in your network could provide support and/or mentoring for you ? Remember developing you, could be development for someone else”

KEEP PERSPECTIVE :

- In a tight economy it may not be feasible to have the same rate of career progression as when the market was buoyant – so perhaps now is the time to develop your ability to be patient !
- Our personal development can come from a number of sources – work is only one of them. So consider how you can stretch yourself at home, in your hobbies and within your community. What could you do that would be “out of the box”?

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