

IS YOUR JOB THE ONE?

Worried your job isn't right for you? It's time to take action

Admit it – whether you're self-employed, a new starter or have been in the same role for years, you've probably had days when you wonder if your job really is the right one for you. In fact, a recent poll revealed 58% of UK workers plan a career change soon, while only 5% love their job.

So what do you do if you long to be in the lucky 5%? "You need to seize control," says careers coach Ros Toynbee. "Stop moaning and take action." The first step? Taking our quick test to find out if you and your career have a future together.

Read the statements below and tick the ones you agree with:

- My work is most likely to keep me up at night when I have to give an important presentation the next day.
- I'm more likely to doodle arrows or crosses than planets, triangles or suns.
- My career to date has been more about financial security than following my dream.
- My friends would say I'm happy and my job is a large part of my identity.
- My favourite time of day is 5.30pm. I work to live, not live to work.
- My job can be really scary at times but also very exciting.
- I complain about work a lot. My friends know all my boss's bad habits.
- If a friend wanted the same job as mine I'd be surprised but advise her to give it a go and see what happens.
- I'd really like to be promoted in the next 12 months or so.

CAREER POINTERS

Need help taking the next step?

- 1 Ros offers career MOTs and workshops at www.thecareercoach.co.uk.
- 2 In need of inspiration? Read *How To Get A Job You'll Love* by John Lees.
- 3 For general advice and details of skills-based courses, visit www.learnirect.co.uk.

MOSTLY ■ A PERFECT FIT... FOR NOW

"Great news – you love your job and it's a great match for your skills, passions and interests," says Ros. "But it's still important to keep learning and growing in your role and taking on new responsibilities." Remember, this might not be your dream job forever, so remain open to opportunities as they arise. "Also, beware of loving your job so much that it's all you do," warns Ros. "A good work/life balance is the key to a healthy career." Cocktails at 5.30pm it is, then!

MOSTLY ■ A STEPPING STONE... SO KEEP MOVING

It's not your perfect job but it might be along the right lines, so Ros recommends a career-goal review every six months. "Ask yourself whether your current job will lead to your dream job. Figure out what isn't working and what you can do to make it better." Ros suggests making "a list of the experience, skills, knowledge and contacts you want, then be creative about how you achieve them – whether it's speaking to your line manager or paying for a course."

MOSTLY ■ NOT RIGHT FOR YOU... MOVE ON!

People who moan about work and do arrow doodles tend to be insecure rather than ambitious. "Unless you move now, your career may be doomed," warns Ros. It sounds dramatic, but why stay in a job you hate? "Diagnose where the problem lies. Is it the people, the job or the company? Be clear about what you want, then give yourself a jump-start by setting a leaving date, speaking to a recruitment consultant and starting your work search." Your new job awaits! ☺