

Job success is all about attitude

IN the past, opting out of a steady job was seen as a sign you couldn't stand the pace, but these days, taking time out to travel or pursue other interests, exploring alternative career options, changing career or cutting back on work hours to spend more time with family, are increasingly being viewed as positive ways to find a more balanced lifestyle.

"It makes sense that when you are doing something you love, you will work more successfully at it, but if you are feeling bored or tired, or starting to dread Mondays, then it's time for a bit of soul searching," says Carolyn Curtis.

Choosing a career, or deciding to change the way you work, or your existing job, are big steps and it is not always easy to figure out how to best use your talents, while taking care of your financial needs. You must think seriously about what makes you happy, what your needs are and how you can achieve them, Carolyn says.

Two questions, Carolyn says, you can ask yourself to get started on this process are: 1. What would my life look like right now if it was perfect? 2. What steps do I need to take tomorrow in order to create a future that is better than my past?

She has devised a seven-week course, Discover Your Ideal Career, which is designed to motivate participants to create the right mental attitude to discover a fulfilling career path.

"One element of the course is teaching people how to use their mind more effectively through keeping the focus on what they want from their career, rather than what they don't want. Often when the opportunity comes, they can sabotage themselves through lack of confidence or other negative beliefs," Carolyn says.

"Passion is the key to success — this course helps people figure out what they are passionate about!"

"I often ask people to think about someone they admire and try to imagine how they would act when confronted with a career decision, or a problem. Thinking how somebody else would approach something is often enough to pull you out of an old thought pattern and into a more empowering way of thinking."

"And sometimes it's not the job we need to change but our attitude to it. On one of my courses, a lady spoke about how unhappy she was in her job as a receptionist. While we explored other career options, I asked her to act as if she made a difference in the office where she worked.

"As the weeks went by, she felt her relationships with co-workers were improving and she was more confident. A few months after the course ended, she phoned me to say she was now very happy in her existing job and had just been offered a promotion."

Discovering Your Ideal Career is a seven-week course which begins on Tuesday, March 6, at Bru Columbanus, Cardinal Way, Wilton, Cork from 7.30pm to 9.30pm, cost €285.