

Wow!

Careers: How to get the best out of life

Passion — the key to success



Lifecoach CAROLYN CURTIS on how to feel fulfilled in what you do both with your life and your career

WHAT matters most in life for you? Is it important to feel fulfilled and to have that certain satisfaction as the day closes that you have contributed something important to other people using your talent and skills? Or are you one of the many people who are feeling dissatisfied in their current careers?

I feel there are many reasons why one chooses a certain career path and they are:

- Because their friends have chosen it
- Someone thought it would be a good career for them
- It was an area where there were more job vacancies
- Job security
- Good wage and benefits
- Family business
- They had enough points to study in this area and so it would be a shame not to use them!

And the list goes on...

So you see here why people end up in careers that are not really using all of their talents and personalities to the greatest benefit.

When was the last time you did a little bit of soul-searching and asked yourself what really makes you happy? What excites you? What do you love to talk about, read, explore, dream. Or have you forgotten your dreams? Were they just something you thought about as a student?

You know when you are in the right career because it feels like this:

- You love going to work
- You feel excited and passionate about your career
- You know you are contributing something important by bringing happiness to people in some way.
- You don't dread Mondays
- You feel alive and excited about life!
- You feel successful and happy and find it easy to create goals for yourself

Most people work an average 40-hour week. If you add that up it comes to approximately 1,840 hours a year including holidays etc. If you are working from age 20 to 60, in your lifetime you will have spent 73,600 hours of your life working.

Now if you are happy and

feeling fulfilled in your job then that is wonderful but what if you are not? Is it worth the price you pay to spend that many hours, days, months and years in a job that you are unhappy in?

It makes more sense that when you are doing something you love you will work more successfully at it than something that you don't enjoy.

People stay in careers they feel unhappy in for many reasons. It is important to look at these reasons closely and compare them to the advantages of finding your 'ideal' career. Some of the reasons can be

- Financial security
- Not worth the trouble of feeling you have to 'prove yourself' again in a new position
- Feeling safer where you are, as change brings about a lot of fear for you
- The job is convenient to where you are living
- The hours suit you
- The perks of the job e.g. pension or company car

The choice is yours. Finding your ideal career or staying where you are. If you choose the latter then that's fine too and there is still so much you can do to improve how you are feeling. All you need is a different perspective on things.

For example, at one of my courses a participant told me how unhappy she was in her work, how boring she found it and how felt that the other employees had no time for her.

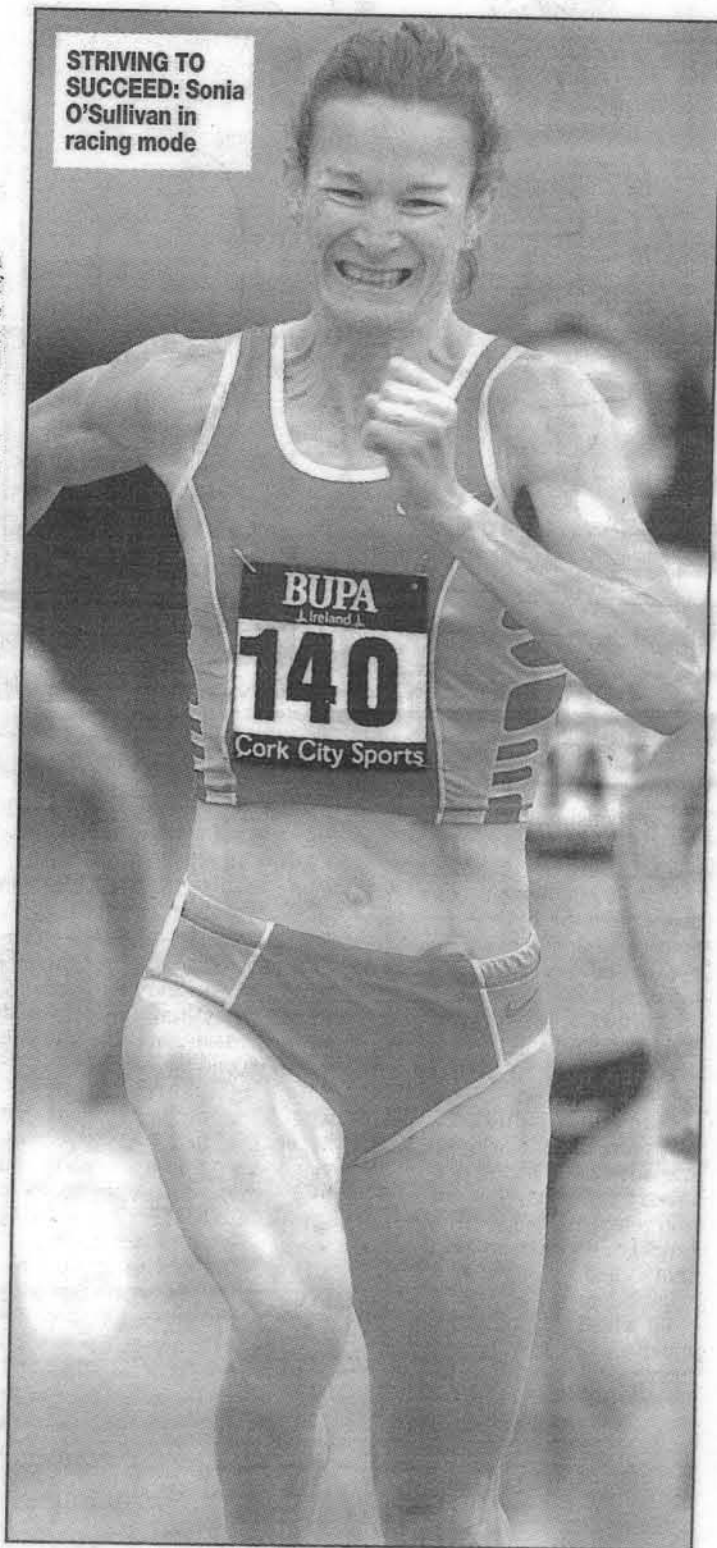
I asked her to try a little experiment. For the next few weeks she was to act as if she felt she made a difference in that office. That she was a valued employee and that her opinion counted.

The following week she said everyone had commented on how much she had cheered up the office space by adding some flowers and a few nice appropriate pictures for the wall.

She also invested in a new suit for her new image. She told us how she felt she had connected better with her other co-workers as she began to feel more confident in herself. She had even ended up being peace-maker between two employees who had fallen out.

I asked her to carry on for

STRIVING TO SUCCEED: Sonia O'Sullivan in racing mode



another few weeks and see what other changes there were. The course finished and a few months later she phoned me to tell me how happy she was in her job and that having approached the manager on a few occasions with some new ideas on improving production she had now been offered a promotion and had accepted it as she now felt very happy in her work.

So sometimes it is not always the job we can change. We also

have the choice to change our own attitude about ourselves and how we approach our work.

● Carolyn Curtis, who runs Empowering Workshops in Cork city, will be giving a six-week evening course called *Discovering your Ideal Career*, beginning on Thursday, October 30 from 7.30pm to 10pm.

For more information see www.empoweringworkshops.com or contact Carolyn on 087-6419912.