



7 Bits of Career Advice That Could Hurt You, Not Help You

(And what to do instead)





1. “Never Say No to Work Opportunities”

Getting involved in everything can lead to burnout, dilute your impact and undervalue your time.

Better advice:

- Prioritise tasks and projects that align with your strengths and career goals.
- Saying "no" strategically helps you focus on what truly matters.



2. “Your Degree Determines Your Career Path”

Relying solely on a degree you chose when you were 18 is ludicrous.

Better advice:

- Focus on technologies and sectors that are rising and on-trend.
- For example, tech and AI. As they say “a rising tide lifts all boats”.



3. “Always Follow Your Passion”

Passion is essential, but not all passions lead to sustainable careers.

Better advice:

- Combine passion with market demand and your skillset.
- Look for roles that blend your interests with opportunities to create value and grow professionally.



4. “Keep Your Head Down and Work Hard”

Hard work is important, but being unnoticed can limit your career growth.

Better advice:

- Network and self-advocate.
- Share your achievements with your peers and superiors, and be open to new connections within your industry.



5. “It’s Too Late to Change Careers”

Believing it's too late can trap you in an unfulfilling path.

Better advice:

- Learning and growth can happen at any age.
- Research new fields, take courses, and leverage your transferable skills to explore different career opportunities.



6. “Don’t Leave a Job Within Two Years”

Staying too long out of fear of being labelled a 'job hopper' can limit your growth.

Better advice:

- "You should be earning or learning. If you're not earning and you're not learning, you're wasting your time."
Naval Ravikant
- If the job no longer aligns with your goals or offers room for development, consider moving on.



7. “Stick to Your Job Description”

Following a rigid job description might make you miss out on growth opportunities.

Better advice:

- Look for ways to expand your skills beyond your current role.
- Proactively take on projects that stretch your capabilities and showcase your value.

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