What job do I want?

No matter what stage you are at in your working life – whether you are starting out, facing redundancy, coming back to work from a career break or just want to change gears – you may find yourself asking the question ‘what job do I really want?’

The answer to this question is often a mixture of pragmatism (what are my existing skills and experience?), personality (am I suited to my current career?), and aspirations (what would I ideally like to do?).

If you are still at college or university and considering your next move (and you aren't already on a vocational programme), then you should be able to access a careers service. It will provide you with advice and any resources you need to help you focus your job search.

If you are facing redundancy, a return after a career break or want a change of direction, then you could approach a careers coach. A careers coach will take you through a short programme of self-reflection and discussion to identify your personal and career goals along with what sort of roles are most suited to you. They can also help you further refine your CV and covering letters. You can search for accredited career coaches at the [Career Development Institute](https://www.thecdi.net/find-a-professional?SearchUnits=m&InclusiveSearch=false&SearchRadius=25).

Many recruitment agencies and careers advice services have online quizzes to help you understand who you are and what you want out of your working life. One example is [UCAS’s Buzz Quiz](https://www.ucas.com/careers/buzz-quiz). It is free to use and offers some fascinating insights.