

Title:

Career Change - Develop The Mental Strength To Bring the Change

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326

Summary:

Advising others to change career sounds very simple and a workable proposition. When it comes to us, it becomes one of the toughest decisions to implement.

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Article Body:

Advising others to change career sounds very simple and a workable proposition. When it comes to us, it becomes one of the toughest decisions to implement. A career change needs lot of mental preparation. If you have a family, that may get disrupted by your career change. The income may stop for some time. The decision itself may turn out to be a wrong one. It needs mental strength to change career. Let us see what it requires.

A change of career shifts us from a comfort zone to a zone full of discomfort in the beginning. For a full time production engineer, a change to a career as human resources consultant may need a total about turn, back to school and learning new skills for the new job. Some people change careers so totally that it looks incredible. Let us talk about changes that can be done more smoothly. I am talking about learning about a new career along with the old one and then shifting to the new career slowly. This process also requires mental strength, because it needs lot of extra work.

The first barrier that one encounters while thinking of career change is- how did I get into a wrong career? What if my new decision also turns out to be wrong? What if I continue with my present career? Why should I change my career? Some of these questions need head to answer and some questions are for the heart such as asking why did I chose the wrong career to begin with, may involve damage to self esteem, and acceptance of failure.

Before thinking of changing career, one needs to do analysis of life goals, and deciding about how the present career does not satisfy those goals. Only after deciding that something drastic needs to be done can one think about changing

career. One has to develop mental and emotional strength to undergo these changes and emerge a winner again.