

The American Counseling Association's "*Counseling Corner*" Weekly Columns

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When It's Time For A New Job

from the American Counseling Association

Very few jobs today are forever. Company changes may be threatening your job or it might be that while your company and job is secure, it isn't work that has you feeling satisfied, fulfilled or happy. You might be facing "job burnout," when it's time to move on.

Realizing that you have to go job hunting, whether it's your decision or one that's been forced on you, can be a frightening experience, but it doesn't have to be. The secret is simply to learn to make the most of the situation, or, as many people have put it, to look at it as an opportunity.

While job hunting often is stressful, there are a number of things you can do to make the process easier and more productive.

It's generally advised to start your job hunt while still working at your old job, if possible. Employers tend to look more favorably on candidates who are still employed, plus you'll experience less pressure and stress as long as you still have that current job. A key, however, is not to tell your current fellow employees that you're job hunting since that almost ensures that your current work environment will suffer.

There are several things you can and should do before beginning that job search. Start off by taking a self-inventory. What are your interests, current skills and overall experience? Do you enjoy your current field of employment or would you be happier if your work life headed in a whole new direction? If the latter is the choice, what skills and interests could you bring to a new job? Is there training that you might need to head into that new field? Would you relocate to a different town or state for a new job? An important question for many is whether they wish to continue working for someone else, or are they willing to take the risk of starting their own business.

If facing such questions and self-analysis seems a bit overwhelming you might consider meeting with a professional counselor who specializes in career counseling, guiding people to identify for themselves what might be the best new direction for them. If you visit the American Counseling Association website at www.counseling.org, the "Find a Counselor" link at the top of the page will direct you to websites to help you locate counselors in your area offering career and

employment counseling.

Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcornet@counseling.org or visit the ACA website at www.counseling.org.

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