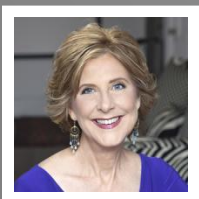


Contemplating A Career Change?

Things to Consider for a Successful Transition



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No matter what kind of work you do, don't be surprised if there comes a time when you think of switching careers. After all, *many of us have romanticized ideas about one career or another.*

Maybe you always thought you'd be a teacher, a crime scene investigator, a sales clerk at that little boutique down the street, or a hospital nurse. But things didn't go that way and you ended up doing something else instead.

However, now you've reached a point where you're seriously considering a career change. Maybe you got laid off or worked for a company that closed during the economic downturn. Or you might just be looking to change what you do to earn money. Before you take the plunge, do your homework.

Consider these issues whenever you're contemplating a career change:

1. **What are your gifts? What is your skill set?** What types of things do you enjoy doing and find you are good at? Take some personality or workplace profile tests to determine your strengths and areas of skill.

1. **What kind of work do you want to do?** Do you have a couple of top choices or just one? If you're considering a career change, you may already know the answer to this question.
2. **Is the job you want to do within your reach?** See if you can simply build on what you already know to pursue a new job. (If you're 40 years old and have no college education and want to be a doctor, that might be an overly ambitious goal. However, if you've already got a bachelors' degree in business and you want to be a nurse, you could probably complete 2 or 3 more years of education to obtain your nursing degree.)
3. **Does the career you want require training or education?** Education requires energy, drive and resources. Research exactly what you will you need to prepare. How will this fit with your current schedule? What might you have to change in order to invest time, energy and resources into getting the training you need?
4. **Interview someone who has the job.** Write down all the questions you have about the career path. *If you know someone personally who has the job you long for, give him a call. People love to talk about what they know.*
5. **Research the career on the internet.** You'll find a wealth of information online on every kind of job.
6. **Check into local resources.** If you need coursework or technical training, find out where you can get it in your town or one nearby.
7. **Look into your local prospects.** Are there local jobs available in the field? Unless you're willing to move for your job, ensure you'd be able to do the work where you're now living.
8. **Consider costs involved with re-education and training.** *If you have some savings, there's nothing better to invest in than your future.* Depending on the field that interests you, you might even be able to obtain grants to complete coursework or training requirements.
9. **Assess your time commitment.** How much time will you need to prepare to look for work in the field? Depending on the career you're considering, you might be able to start right away. Or your dream job might require three or four years of education or training first.
10. **Just do it!** One of the most exciting experiences you'll ever have is engaging in the work of your dreams. *Although you might feel some initial fear and apprehension about making a career change, you'll find*

yourself also full of joy and anticipating your future with great excitement.

You may already have the answers to these questions and intuitively know what's right for you. If that's the case, lay out your plan and move forward! If not, spend some time looking over these suggestions and get started on your preparations. The sooner you start, the sooner you'll be enjoying your new career.

We hope you have enjoyed this article and that it will be a help to you. The IAPRC mission is to provide leadership in the emerging field of Professional Recovery Coaching worldwide in order to enhance the quality of life and health for individuals, families and communities impacted by addiction. Please visit us at www.recoverycoachtraining.com for more information on our programs.