

## **Career success on your own terms ....**

### **Shirin Khamisa, Head Coach, Careers by Design**

A career coach has specialized knowledge in the areas of career development and professional coaching. Having your own coach is like having a personal trainer for your career. If you want to choose a new career path, or you want to build on a successful career, Shirin can help you to achieve your goals.

#### **1. Ask yourself three questions.**

When I am working with my clients, the first step is to help them to get crystal clear on what they want to achieve. Whether you are selecting a new career path or seeking a promotion, ask yourself these 3 powerful questions:

1. Which of my strengths do I enjoy using most?
2. What type of work can I do that will peak my interest?
3. What is important to me at this stage in my life?

Answering these questions will help you to re-connect with yourself. Research has shown that when you use your strengths and do work that you find interesting, you will be happier and more successful in your career.

Knowing what you want will help you to define the action that you need to take.

#### **2. Put your plan of action in writing!**

Once you have decided what you want to achieve, make an action plan and put it in writing. Treat it like an important contract with yourself!

Take your big goal and break it down into smaller steps: make the steps very specific and fun to keep you motivated. Be flexible with your plan and adjust it as opportunities come up. Celebrate each milestone you achieve!

#### **3. Schedule a meeting ... with yourself**

The pace of life is so fast that it is easy to get caught up in day to day work demands and family life. When we don't spend time considering what's really important to us, we can end up in jobs that don't meet our needs ...this is one reason why so many people dread Monday mornings. If you want to be one of those lucky people who go to work with a smile, make a commitment to making time to take action on your career goals on a regular basis. When you work with a career coach, it provides you with support for taking time out from your busy life to make you career goals a reality.

#### **4. Think like an Olympian**

We watched athletes execute their routines flawlessly and understood that they had to train their bodies and their minds. Visualising success is not just for athletes, it is a powerful tool that can get you to your goal.

Imagine that you have already achieved your goal ...how would you feel? Creating a detailed picture in your mind of the career you desire decreases your fear and makes it easier to achieve your goals.

Brain science has shown that imagining the outcome that you want changes the wiring of your brain and makes it easier to take action. You have conditioned your brain to believe that you have already achieved what you want. When you face challenges the picture of success you create can motivate you to keep pushing through.

#### **5. Get 1 business card today!**

This tip is about getting Support in our professional lives. Initially, many people are not comfortable with networking, however, if you want your career to thrive, start looking at networking from a fresh perspective—reach out in a way that suits you!

Some people may thrive while attending a networking event; others may prefer meeting a colleague for coffee: both help you to build a strong network.

Just as in our personal lives, we need the support of our friends and family, we also need this support in our work lives and with so many people changing jobs and careers, it is important to have people we can count on for help.

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