

Does your career drive your passion? Could it be time to make a change...



Do you find yourself thinking of a career change?....



....But do not know which way to turn?

There are a myriad of options available when it comes to changing your career. Following your passion and heart's desire is sometimes put aside in favour of choosing a career that is logically the best fit. We often sacrifice our desire of what we want to do for something that may guarantee more security, income, and prosperity. But are we always intrinsically inspired by the career goals that we are pursuing?

This year is the "Year of the Horse" in the Chinese New Year. While some of us are not avid supporters of astrological forecasts, it is known as the year of action, prosperity, and wealth. It is a great time to dispel popular myths and preconceived notions, and start believing and visualizing your desired outcome! This means aligning your goals and values with passion and purpose.

While some people may not be comfortable with a complete career change, they may decide to change their work environment, transform their most treasured hobby into a second career, or adopt an entrepreneurial venture. Perhaps you enjoy interests such as woodworking, carpentry, web design, tutoring, researching, or even fitness training. How about incorporating an element of creativity into an accounting career, teaching career, or a career in law through building a balanced skill set?

Most people look for organizations that align with their values and offer some flexibility of a work-life balance. Knowing what values are important to you will lead you to discovering an organization that meets your needs, drives growth, and rewards success and long-term commitment.

Conversing with people who share your passion will naturally lead you to achieve your goals! Employers appreciate jobseekers and employees who keep advancing their skills and professional development, which is a valuable asset in today's job market.

The Big Interview....Could it be time for Interview Coaching?



Along with changing your career, job searching, and building your diverse skill set, you may find that more interviewers are demanding your expertise. However, are you finding that your **interviewing skills** may be a bit rusty?

This is where I can help with interview coaching. A full hour session includes a practice interview, critique, and plentiful tips and suggestions to help you gain confidence throughout the interview process. Interviewing often makes jobseekers nervous, but remember, it is designed to assess your interpersonal skills, suitability for the position, and fit with that particular organization and its team.

Often many interviews are designed in such a way where they look for critical competencies, or problem solving skills – i.e. how you have handled a particular

situation. This is called a "situational" or "behavioural interview." Ever find yourself in front of a panel of 3 or 4 interviewers only to have expected 1 interviewer? Have you ever felt that you are thrown off in the interview process by questions that seem very challenging or detailed? Knowing beforehand what type of interview to expect and who you are interviewing with will help prepare you for the actual process. Of course, handling yourself with poise and tranquility may seem overwhelming, especially when you are expected to answer many questions, while detailing examples of achievements in a limited time period.

Is there a secret to preparing for interviews?



My philosophy entails exercising some practice and reassurance. Dressing for success ensures that you prepare yourself for the role at hand. Always dress a step above of how you normally would dress for the specific position. Always have some practice questions and potential responses ready to review well ahead of the interview. Interview coaching will help prepare you to address difficult questions that may be asked concerning potential obstacles such as career gaps, the delicate reason for leaving a certain position, and how well you have worked in a fast-paced team environment.



