

Breakthrough Life Coaching

Newsletter, August 2008

Hello everyone,

Welcome to the August issue of my newsletter. I chose career change as my topic this month since the majority of people I spoke to over the past few weeks were contemplating some type of career change. If you have a topic you would like me to write about please send your topic suggestion to donna@breakthroughlifecoaching.net.

In this issues:

1. Your Perception of Changing Careers.
2. Offering four monthly coaching programs.
3. Happiness tip for the month.

Your Perception of Changing Careers

When considering a career change researchers have found that an individual's perception about their abilities to make the career change will either stop them or propel them forward in their journey to reaching their goal. I think it is helpful to stop for a moment and think about what it means to perceive something.

Remember we apply the meaning and the interpretation to all of our experiences.

If the interpretation of your past experiences stops you from moving forward and making changes in your life then your are living in a state of learned helplessness (Seligman, Authentic Happiness). You can shift to a new state of learned optimism. Just because something in the past didn't turn out the way you wanted it to does not mean you are destined to never reach your new goals. You are not destined to fail.

Researchers have found that happier people are able to make mistakes, learn from them, and continue striving toward their goals. Less happy people tend to ruminate on their mistakes and end up getting stuck in rumination. If you find yourself doubting your abilities to move forward due to past experiences be kind to yourself. Learn lessons from past mistakes and continue moving toward your goals. The past is gone; let it go. We are free to reinvent ourselves everyday. Don't close yourself off to possibility thinking.

CTI stands for Career Transition Inventory (Heppner, Multon & Johnston, 1994). This tool was partially developed to help people identify what they may need to strengthen in themselves to make the career change and what they already have available to aid them in the change.

I've listed some of the statements from CTI. Read them over and see how they apply to you. I suggest rating each item from 1-10. Ten meaning this strongly applies to you.

Are you motivated?

1. I feel as though I have a driving force within me to work on this career transition right now.
2. Even though there are risks, I think there is a realistic hope of finding a better career choice.
3. At this point in my life I really feel the need for more meaning in my work, it is this need that keeps me moving at this process.
4. Recent events in my life have given me the shove I needed for this career transition.
5. Each day I do something on this career transition process, I would say I'm motivated.

Are you confident?

1. In dealing with aspects of this career transition, I am unsure whether I can handle it.
2. I feel confident in my ability to do well in this career transition.
3. The magnitude of this career transition is impossible to deal with.
4. The number of unknowns involved in making a career transition bothers me.
5. Some would say that this career transition is a risky venture, but the risk doesn't bother me.

Do you feel you have control?

1. The outcome of this career transition is up to those who control the system.
2. Luck and chance, play the major role in this career transition.
3. If my career transition is destined to happen it will happen.
4. I am hoping that the right career counselor will tell me what I should do with this career transition.
5. It would be awful if this career transition didn't work out right.

Are you supported in this Career Transition?

1. Significant people in my life are actively supporting me in this career transition.
2. People in my life are disappointed and resentful that my career transition affects their lives adversely.
3. People whom I respect have said they think I can make this career transition successfully.

Is your decision to make a career change and independent decision?

1. Career choices affect others and I must take the needs of others into account when making a career transition.
2. My family is important to me but I can't put too much importance on their desires with regard to this career transition.
3. It is hard for me to juggle this career transition given the responsibilities I feel for people in my life.
4. While family and relationship needs are important to me, when it comes to this career transition, I feel I must focus on my own needs.

Some of the research has shown that when someone has been in the same career for a long time they may not believe they have the internal strengths and abilities to make the career change. Sorting through the list above should highlight where you are in the decision process and what some of your strengths and roadblocks are.

- Pick one of the roadblocks and come up with 5 ideas as to how you can remove the block and continue toward your goal.
- If you don't have any roadblocks then it is time to make a plan. Make a list of 5 things you can do this week to bring you a step closer to making the career change.

Coaching Programs You can visit my website for a list of available coaching programs. I've created several different monthly packages. Please feel free to call me if you have any questions.

<http://www.breakthroughlifecoaching.net/faqs/coachingprograms.html>

Happiness Tip

Set aside one-half hour each week and think about all of the things you are grateful for. You may be grateful for a pleasurable experience you've had or even grateful for certain family members or friends you have. Positive psychologists have gathered research on the power of being grateful and have found the act of gratefulness can shift your negative feelings into positive ones!

Let the changes begin!

Best regards,

Donna Deming