

Career searching in tough times – the new career

In this challenging job market, there are no guarantees. Competition is keen, challenging, intense and furious. There are no givens about jobs/positions or careers that are “familiar” or pay and benefits that are commensurate with where you are, or have been.

CareerBuilder.com, for example, reports many workers are doing what they never thought possible – looking for work outside their chosen career area and/or working for less pay.

The deal is that jobs are out there, BUT you have to be able and willing to take them. And, even more, the decision to do so many be a plus for you.

The downside

Many folks are working more hours, many have had to relocate and many are, in fact, working for less pay.

The upside

Many have found relocating - which they resisted - to actually be a good thing. Others are being paid higher salaries than they were earning previously and many are employed different fields – fields they actually enjoy!.

What seems to be the deal-maker for many of these workers is a “change of mind and heart.”

What’s becoming quite apparent is that those who are open to possibilities, open to thinking outside the box, open to moving in a different life path are experiencing success and happiness.

The reverse is also true. Those who are knee-deep in the quicksand of old beliefs, and hiding behind emotional barriers of pride and fear are struggling. Stuck, wearing blinders and being myopic, they miss the opportunities that appear on the left and right – unwilling to look in a different direction.

Stuckness

Experience tells us that change is most threatening to those who are stuck in their beliefs, assumptions, ideologies and in past ways of do-ing and be-ing. Patterned behavior and habitual ways of acting are causing many to lose out on real possibilities and opportunities. Job searches become stalled and frustrating, and folks become lethargic, passive, and engage at less-than-optimal levels. In times of abundance and prosperity, old habits and patterns serve us. But in tough times, like now, it’s critical that folks re-think their thinking which means moving out of our comfort zones and familiar ways of seeing the world and our place in it.

These times call for creativity, risk-taking and stretching one’s self in order to move forward. Moving out of one’s comfort zone takes strength and courage and with that comes the inner peace, confidence and self-worth that can provide one with a sense of ease as one navigates the rough waters of change.

In a state of creativity and openness, ideas percolate easily, the mind is open and clear, and one feels free and focused. In addition, one’s intuitive capacity is engaged and one senses a “knowing” that one is moving in the right direction. In this place, opportunity appears and once self-sabotaging thoughts and beliefs melt away and allow one to let go of debilitating fear and anxiety, i.e., the past.

Change in pay

It may happen that part of moving a new career will necessitate a pay cut. Here is an opportunity to move away from self-images and thoughts of lack and deficiency. Pride and fear are pulling at one to maintain the status quo, to stay the course, and resist change.

With a new position, also comes an opportunity for advancement. While it may take a while, it's important to remain positive, flexible and be open to change. Pride will keep you stuck. Openness and trust will free you to engage in new opportunities and be patient while always on the lookout for ways to increase your earning power.

As you release your fear, anxiety and negativity, you'll begin to experience a sense of "OK-ness" with your new situation and you'll be grateful for your new job opportunity. As you release your negative feelings and emotions, they'll be replaced with a feeling of "I will and I can!" This new sense of empowerment can result in a deep sense of engagement in your work and bring new feelings of happiness and peace.

For many, the key to making positive moves in a challenging economy is freeing one's self from preconceptions, assumptions, expectations and habitual tendencies so one can create something new.

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