

THE CURE FOR CAREER DEPRESSION

By Alan Ludmer

Career dissatisfaction can set off many positive things in your life. For example, recently a psychologist referred a client to me. I discovered that although he had a great personal and family life, all he could focus on was how much he disliked his job. In other words, his work problems were following him home.

I began my assistance with a thorough assessment of his career skills and desires. Through testing and individual guidance I was able to pinpoint his personality traits and interests and identify fields that best combine them. The assessment showed that my client was a people person and needed regular human interaction. No wonder he was unhappy as an accountant. He now has a new career in financial management. He is a much happier and satisfied person. A lack of joy in your career can poison the rest of your life.

Current employment trends show that individuals have seven to ten positions in the course of their careers. However, many employees admit to hating their current and at least several of their past jobs. Why? Some people resist acknowledging that their job makes them miserable because of a sense of failure and fear or making a change. If one admits to not liking something, they have to do something about it. That involves taking risk.

It's much healthier to admit that your job makes you miserable. Not doing so can make you quite depressed. If you don't address your problem, you can literally make yourself sick.

There is a major difference between career depression, and any other kind. It is that even though other things are going well in your life, if in your career you feel discouraged and hopeless, your motivation and self-esteem will probably be quite low.

To attack career depression there are several tools available. First, there are a number of career and self-assessment profiles. These are evaluated and the results utilized in extensive one-on-one career coaching. This assessment of self and career direction takes place before we begin any career marketing efforts. We want to know where we're going before we set off on our journey.

Remember, once you determine that the source of your depression is connected solely to your career, your next step should be career and self-assessment. When you make the commitment to take control of your career, you take the first necessary steps toward career satisfaction. Career satisfaction is within your power, but you have to make the commitment to your own success

About the author

Alan Ludmer is the president of Voyager Career Solutions Offices. Voyager Career Solutions Associates is a nationally recognized regional firm specializing in individual career transition, corporate outplacement, and executive coaching. Voyager is a proud member of the International Association of Career Consulting Firms. For more information, call 314 991-5444 or visit the Voyager Career Solutions web site at VOYAGERCAREERS.COM.