

September 2010 *LifeSolutions* Corner

I've been in my position for quite awhile. I like it, but want to consider doing something different—I'm not sure what. I have a resume, but it's old. Can EAP help?

We certainly can. People often call us with this request. The suggested way to provide career coaching is by meeting in-person. However, phone sessions can also work out well.

Because there is no “test” that will say, “You should be a nurse,” or “You should consider switching to being an accountant,” an initial task with your *LifeSolutions* coach will be to identify your own particular interests and experiences. Your coach may invite you to explore questions like the following:

- ◆ What you are doing now? What direction do you think you might like to go?
- ◆ What have you done in the past that you enjoyed doing, even if you didn't get paid for it? (For example, do you love teaching Sunday school, coaching your daughter's soccer team, being around animals, or baking cakes?)
- ◆ What kind of work did you absolutely hate?
- ◆ Who could you talk with to find out more about the kinds of work you are interested in, even if it doesn't seem feasible to make a change right now?

The *LifeSolutions* coach will listen and be supportive of your hobbies, your passions, and the things you think you might like to do but have never had the guts, the encouragement, or the time to try. Brainstorming about careers with a *LifeSolutions* coach can be fun, exciting, and energizing.

Your coach may also suggest several paper-and-pencil inventories . . . “thinking” and “writing” exercises that can help you “shine a spotlight” on the kinds of work that might be particularly appealing to you. Once you have identified one or more directions that you would like to explore, you can develop a plan for next steps with your coach's support.

And your coach will be glad to look at your resume, whatever shape it's in. He or she can offer you personalized tips as well as more general information to help you spruce it up and make it work well for you if you are considering a particular position. If you don't have a resume, the coach can help you create one. If you want to brush up on interview skills, *LifeSolutions* offers coaching on that too. Give us a try!

Call 1.800.647.3327 to get started. You can also find a variety of helpful articles about career change, interviewing, and resume writing on our website at www.lifesolutionsforyou.com. Click on the *WorkLife* Log In using your company code, and on the left-hand side, scroll down to Working. Click on Career Development or Career Transition.

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