

CAREER LEAP ONLINE COURSE

Filtering Career Options

Transcript

By now you will have determined a career option that you would like to pursue, taking into account the time and effort required to successfully make the leap. If you haven't completed the 'Sink or Swim' exercise in your workbook, pause now and take time to consider the questions posed before continuing on.

Anna Jenkins has leaped many times in her career — from medical research to Occupational Health and Safety to Human Resources, and now working for one of Australia's largest regulators. Her leaps have taken her across industries and from full to part-time work.

She has learned that it takes hard work and planning, but you can't wait until all your ducks are lined up. If you do, she warns, you could be waiting forever before you leap. She suggests that you don't wait until you've devised the perfect plan, as it is unlikely to ever line up like that.

But it's not just about the big leaps, it's also about getting lots of experience, exposure and opportunities in the job you are in, as these become the building blocks for your next leap. Anna's advice: 'Stop comparing yourself to everyone else. Run your own race.' At the same time, 'Be generous with your time and expertise to others in your profession or workplace. If nothing else, it makes you feel good.'

You also need to stay connected to what is happening in your industry, your company, your profession. She said 'If you take your eye off what's going on, you won't be able to take advantage of the opportunities that are actually presented to you, while you are dreaming of the ones you want.'

As you keep your eye on the prize of reaching your destination you'll notice that you are now at Career checkpoint 4.

Wow this has been a big piece of work, so if you are feeling a bit brain tired that's natural. Filtering your career leap options is a big step forward. Well done you!

Before we move on let's check in and complete the Career checkpoint page in your workbook, and then I'll see you back next week.