

Factsheet : How to find time to further new career plans

One of the biggest challenges in carving out some new career options is that people are busy and have (or perceive) little or no available free time. Their dance card is full.

However hoping for change without allocating time for self reflection, exploration and career planning often leads to drifting, frustration, dead ends or disappointment. At best - solutions then float vaguely in the future rather than being clear goals one is moving towards. At worst things deteriorate to the hopelessness of being convinced one is trapped or even to burnout.

The first step therefore, for many people wanting to review their career, is to look at whether they can prioritise, preserve or reclaim some time for themselves - out of the 168 hours each week available. This can be time that is currently wasted on moaning or feeling drained. Utilising that time much more constructively makes sense.

The second step is to have some structure to the process. Combine that with regular allocation of a few hours - ideally every week and the career reins gradually become reassuringly in one's own hands, the plan gets fully underway and options begin to emerge

When people allocate an average four hours a week for their work with us - things keep up a good momentum. One hour a week and things can edge ahead slowly but it often feels more like two steps forwards one step back. Some time estimates for our programmes include :

***Ebook** - One to Two hours just reading. A few hours more if the exercises are completed
Career review- 8 hours or so over two weeks*

***Personal career programme** - almost a day face to face f/b four hours a week (some find three months if this is enough ... others will need to spend a year or more allocating that sort of time each week).*

These are rough guidelines.... we can't be prescriptive about what is needed for each person but over the 30 years we have been working with doctors and other professionals on their careers ... we have found these figures are good rules of thumb.

What are some of the many reasons for not finding that time?

- *Fear of facing deep down long denied concerns*
- *Guilt about wanting something different or upsetting others*
- *Burnout is already causing extreme depletion of energy*
- *Taking on too many things -genuinely too busy*
- *Prioritising others over yourself*
- *Not knowing where to begin*

What are good reasons to make the time?

- *Gaining a sense of moving ahead in life*
- *Developing one's career dreams*
- *Achieving better work life balance*
- *Being a good role model for one's children*
- *Feeling excited by work again*
- *Finding a more sustainable way of working*

There are times when career planning should be postponed ... exams looming, children's GCSEs due, new baby, operations scheduled, wedding plans , specific work challenges or illness in the family are just some examples. But when the time is right - we know where to start! We have developed a range of ways to ease someone into effective career planning method & mindset (since 1990). So don't just tolerate lingering career concerns... when we can help you do something about it.

