

How to Find the Right Job for You

Finding the right job or career can be life changing.

Whether you are just starting out, getting back to work, looking for a change or have been working in a job that was not right for you, you're not alone.

So how do you find the job that is right for you? While there is no single 'secret sauce', here are some ideas to steer you in the right direction.

What do you do for fun? Think about how you spend your leisure time. It is possible that a hobby can turn into a career.

Would you work for free? Considering volunteer work (and what you would do as a volunteer) can uncover your strengths and passions.

What do you read? If you often read and talk about a specific subject, that could provide some info about your ideal job or career.

Think of the opposite. Look at the flip side of your weaknesses. If there is something you don't enjoy or are not good at, the opposite of that could lead to the right job. For example, if working in an office makes you feel crowded or claustrophobic, perhaps you would enjoy working outdoors. If you are not a particularly organized person, perhaps a creative environment where you can be artistic rather than organized would suit you.

Avoid yes/no thinking. How often do you quickly reject an idea about a new job or career path? Avoid that black/white or yes/no way of thinking. Ask someone to challenge you so you can start to be more open-minded.

Look forward. Will your job or career be around in the future - and is this important to you? We are living in a time of big change. Research suggests that the 'future of work' will be vastly different to today's workforce. If you are looking for a career rather than just a job, it's important to make sure your job won't be taken over by robots in 10- or 20-years' time.

Take online assessments. There are a wealth of online career and strengths assessments (and most of them are free). Although these assessments might not have all the answers for you, they will provide great 'food for thought' and some language you can use when talking about yourself in a job interview.