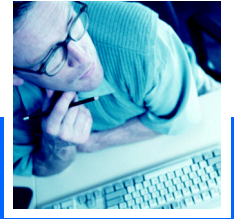


## Why your next job is important - coaching session

By Janet Hope



[www.successSURE.com](http://www.successSURE.com)

### Synopsis

This one-hour session is designed as a self-coaching tool. It aims to focus your attention on the small yet significant steps you can take towards safeguarding the well being of your career. By considering your position and planning ahead you are more likely to spend the next ten years doing the right type of work. This title uses United Kingdom data but the principles are usable and appropriate in all countries.

### How to ...

How to take stock of your current job and situation.

How to decide what you need in your dream job.

How to go about getting your dream job.

### Janet Hope

Starting her working life as a teacher Janet moved into management working for Government departments. She became a training consultant and management author many years ago and works with private and public organizations in Europe. Her passion is in helping ordinary people to make the best and the most of themselves and this passion is reflected in her writing.

### Introduction

You can leave things to chance and hope that the right opportunity will present itself. You may, however, end up disappointed, disillusioned and down right miserable when you realize time and opportunity have passed you by. Although we seem to be in an era of DIY mania, one form of DIY I will encourage you to take up is the management of your own career.

This self-coaching session will tell you something about yourself. It starts to explore how you see work, what you'd really like to be doing, what work goals you've set yourself, what you're good at and things you don't like doing.

Use it to either begin or enhance your search for your ideal job.

### Work goals

Sounds straightforward to ask what work goals you've set for yourself, yet can you answer it with a "yes"? If you can then I congratulate you and if your answer was "no" then take heart for you can start doing it right now.

Goals are wonderful as they can be short, medium or long in terms of timescale. They embrace