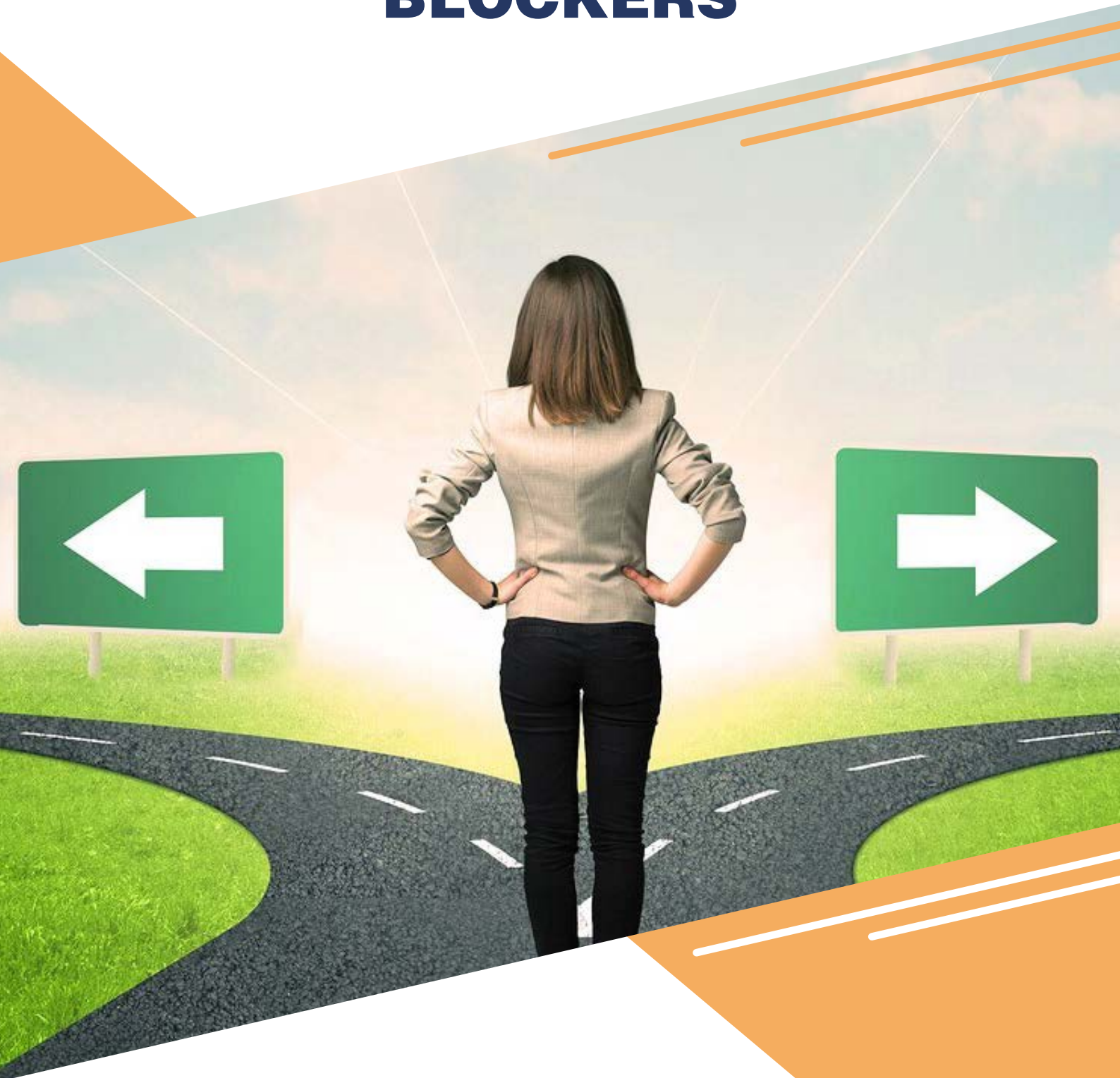


CAREER CHANGE BLOCKERS

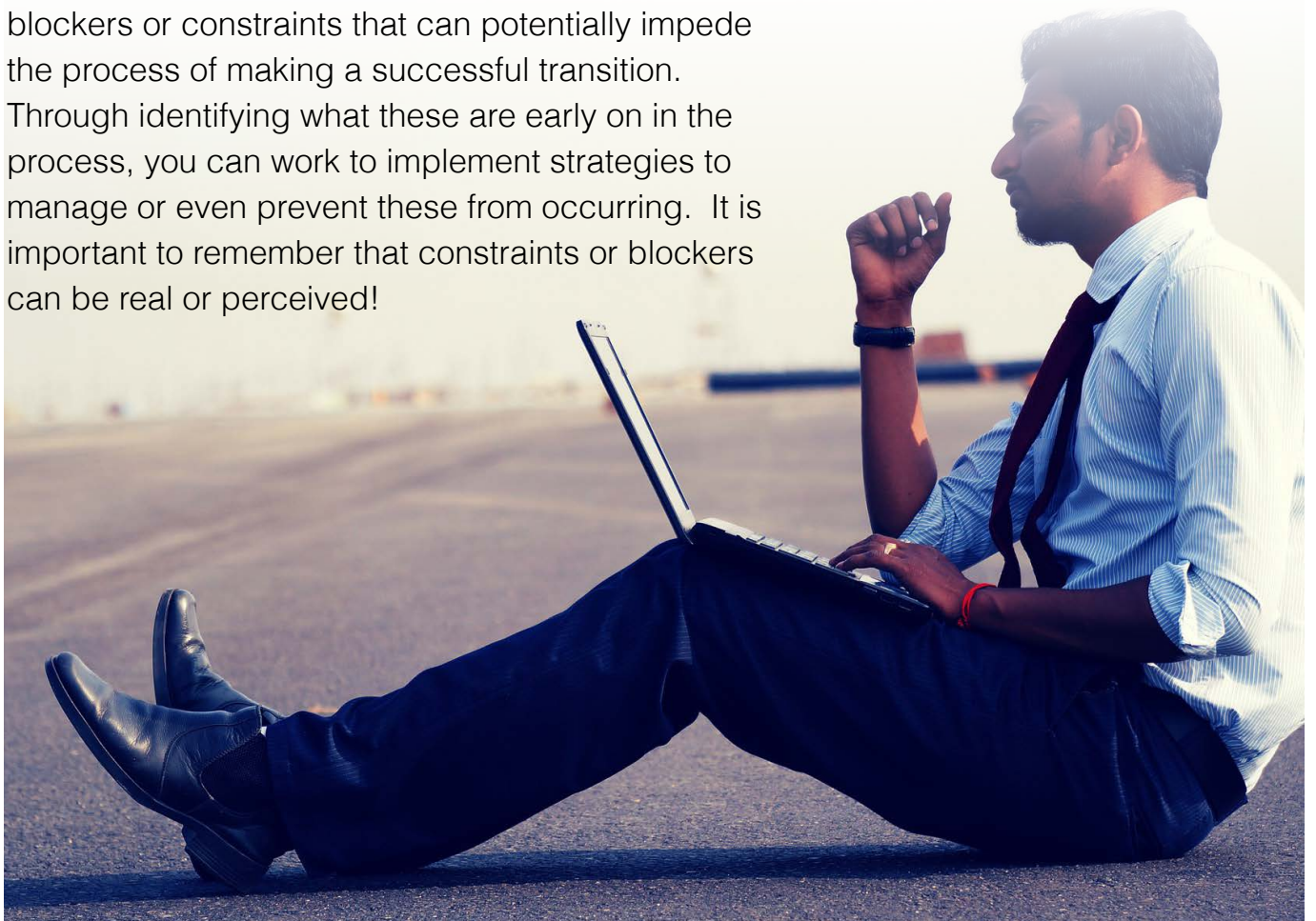


CAREER CHANGE BLOCKERS

The most difficult thing is the decision to act, the rest is merely tenacity.

-Amelia Earhart-

When embarking on a job or career change it is more common than not for people to experience blockers or constraints that can potentially impede the process of making a successful transition. Through identifying what these are early on in the process, you can work to implement strategies to manage or even prevent these from occurring. It is important to remember that constraints or blockers can be real or perceived!



How Much Of A Barrier Is It (tick)				
	Blocker Type	Definitely	Maybe	Not At All
01	Office politics limit my career opportunities			
02	My family's attitudes towards my career goals			
03	Lack of transferable skills into a desired new field			
04	I may not cope with the pressure & stress of making a career change			
05	Having my own business seems to be too risky			
06	Unsure if the right job for me does really exist			
07	Fear of conducting 'informational interviews' for researching career options			
08	I don't feel comfortable selling myself to others			
09	The stage of life I am at			
10	Not having clear career goals			
11	Having to decide between appealing career options			
12	I am afraid of doing what feels right for me			
13	I am not confident with networking			
14	I have a lot to offer prospective employers however feel like a 'job beggar'			

	Blocker Type	Definitely	Maybe	Not At All
15	Unsure if the right job for me does really exist			
16	I don't feel comfortable speaking about my achievements			
17	It is my employers responsibility to manage my career			
18	I am not good at expressing myself			
19	I don't feel confident in my judgment doing self-assessment exercises			
20	I would like to be adventurous however I am afraid of risk taking			
21	My financial commitments			
22	My health			
23	My qualifications would be wasted if I changed career			
24	The status of my current job is difficult to leave			
25	How to write a resume that depicts my transferable skills			
26	Complete lack of confidence			
27	Conflict of the needs between work and home life			
28	Previous job loss not through choice			
29	Others....			

