

So. You might be sat in an office at your desk. Thoughts that question your purpose or what you are actually achieving in your current role come into your head.

There are things that you want to achieve. There are plans that you want to make, be they moving to a new house, holiday, wedding, car, putting your son or daughter through further education. Whatever it is, something is nagging at you.

When I hit 50, I had the realisation that there was more life behind me than in front. That didn't concern me as much as the realisation that there were things that I wanted to do. The challenge for us all is that it sometimes takes circumstances beyond our control to focus the mind a little. I couldn't face continuing to spend my day being so uninterested, unchallenged, demotivated and bored.



For me, it was another internal reorganisation and having to re-apply for my post... again! That only happens a few times before you start to consider that you don't actually want the job – it isn't ticking the boxes that it once did. Whilst we should all regularly review where we are with our jobs and careers, it is often the case that it is not going where you want it to, really.

Why does that happen? Well, there is always the PEST factor - Political, Economic, Social or Technological change that can often leave us in situations where our skill set is no longer as relevant or in demand. There are considerably less phone engineers as there once were. There are less tellers in supermarkets and less newspaper boys and girls!

What happens next has been and continues to be in your hands.

I help people to write the next page of their career story so that they can achieve the financial or professional rewards that they dream of. That they aspire to. That they know they can achieve.

It's your story. You decide how it ends. Don't leave it to chance.