



## **Why Should You Use a Career Coach?**

**By the time you start thinking about leaving your current position, or worse, when you get laid off or fired, your level of stress and urgency rises to a point where you become cloudy on what to do next. A Career Coach will help you think through these situations more clearly.**

**Let's look at the various situations**

**You have been in the same job for over 10 years and want to stay in the position but with another company because the grass seems greener. Remember every company has warts. But you may be blinded by the potential of a higher salary, commission or better club trips. Are you asking the right questions?**

**You've been fired or laid off and you need a way to pay the bills quickly. But that is just a temporary fix. Everyone goes through a period of time where there is anger, depression, second guessing and frustration. Not exactly the time to be making important career decisions.**

**You are sick of what you are doing now but have no idea how to get out and have become pigeonholed in that position. This is most common for 35 years and older workers. You had planned a bright future in school but that hasn't given you the satisfaction you thought it would. You fear the concept of starting over again or fear that your skill set isn't sufficient for doing something else.**

**In each situation a decision will be made that may not solve the real problem. A Career Coach can help you take a step back and really analyze what your next move might be. Generally, Career Coaches are not recruiters. Once you identify WHAT YOU want to do, finding an opportunity will become much easier when you do go to a recruiter.**

**As with all professions, Career Coaches have different styles. It is best to interview a few to find the working relationship that you are comfortable with and trust. You may only need to spend 4 or 5 sessions with a Career Coach or you may want to work with one from beginning through new job acceptance. Each situation is different and your satisfaction is most important.**