

# CAREER

## Tips and suggestions to help you achieve career goals

WHAT DO I WANT TO DO WHEN I GROW UP? A COMMON QUESTION. UNDERSTANDING WHO YOU ARE IN A CAREERS CONTEXT IS ESSENTIAL TO HELP YOU FIGURE THIS QUESTION OUT.

It is common in health for employees to put the needs of other's first. When it comes to your own career, it does take time and effort to think about where you are heading - this can be a daunting thought, but there is an easy way.

To help plan your career direction, try following these steps:

**1** Put one to two hours aside to focus on possibilities for your career.

Write the time in your diary or put a sticky note on the fridge to remind you to do this.

**2** Think about your past and how you have achieved your career to date:

- Was it a purposeful approach with written career goals?
- Did it just happen... with chance and/or chaotic events influencing your career path?

You need to decide how you want your future career to be managed. Do you want control? If so, it will help if you think about career goals.

**3** Identify the people who have influenced, helped and supported you in achieving your career so that you can utilise their support.

Or identify the people who could support you.

**4** Brainstorm possible future career goals, be creative, avoid putting barriers up.

This doesn't need to be for financial gain - think about your interests and the activities you enjoy.

**5** Research these possibilities by:

- Asking others about your strengths and qualities to gain affirmation about your transferable skills
- Using internet searches for information on occupations and/or interest areas
- Contacting Polytechnics and tertiary institutions about study/training opportunities you have identified.

A useful website to gain information on occupations, the labour market and study is [www.kiwicareers.govt.nz](http://www.kiwicareers.govt.nz)

You may be surprised at what opportunities are out there!

**6** Discuss the results with those identified in step three for career support.

Give them forewarning about what your discussion topic - this could be to bounce around ideas about career possibilities, study or training options.



Sarah enthusiastic about career development for staff.

Use this time to develop your ideas for "What I want to do when I grow up". You have done the research and discussed them. It doesn't need to be definitive, as long as you have ideas for career goals - you have done well!

**7** Develop a career action plan.

Research shows that people who write down goals are more likely to achieve them. Focus on the short-term with the long-term in mind.

Make it happen! You need to take control and responsibility for your career direction. Be positive - you live the life you design.

*"The future depends on what we do in the present."*  
Mahatma Gandhi

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