

CAREER

outside activities can be the key!



Sarah as the budding artist.

CAREER ADVICE INCLUDES WIDER DISCUSSIONS THAN JUST THE JOB. A HOLISTIC APPROACH IS MORE EFFECTIVE. CAREER DEVELOPMENT CAN BE DESCRIBED AS:

'The process of managing life, learning and work over the life span.'

To be happy and successful at work, it is equally important to have happiness and satisfaction outside of work.

More often, in career discussions, we discuss paid and unpaid activities. This can be in the form of volunteer work, hobbies, leisure and recreation. These activities are vital for work/life balance.

I'm an example of this, I had an epiphany in the 18th year of my career in government departments - that perhaps there was more to life (no kidding Einstein!)... So the search began as to what would fulfil my needs, without having to focus on work. Several things came to mind that I enjoyed and wanted to improve:

- Public speaking
- Cycling
- Artwork

So then I had to find out what was available and what I could do. The outcomes were:

1. **Toastmasters** - this has been used to improve, practice and polish my public speaking skills. An added bonus is the confidence you gain, the networking and fun!
2. **Cycling** - my dad helped me pick out a bike and I went in the Taupo bike ride that year and achieved an 80km ride. Since then I have been cycling several events each year which brings out my competitive streak. The freedom I feel when I cycle is hard to describe, it's probably a form of escapism!

3. **Artwork** - I purchased a sketchpad and sat outside one of our sheds and sketched! The last time I did art was at school. Since then I have progressed into canvas and acrylic - again intrinsically rewarding and a lot of fun.

A career can help support your outside activities and provide you with renewed enjoyment that gives you energy and is invigorating. So don't expect miracles from seeking a career change, happiness may be closer than you think.

The key is finding what works for you and giving it a go! Be adventurous, find out what is available to you and then start... don't procrastinate! Too many staff say to me "I could've", "I should've", "I would've".

If you are interested in Toastmasters, an organization to improve your public speaking, visit www.toastmasters.org.nz, if you search under Clubs, then Club finder, select Bay of Plenty, it will list all the clubs in this area.

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