

Improving your Career - Getting the Coaching Perspective

Feel, Think, Do!



Viviane Bumb, Vice-President of The Network, speaks about career with Monica Jonsson, founder of CoachDynamix™. A Coach works alongside people to help them to gain clarity and define what is important for them. Together a coach and client define a personalised strategy that enables the client to succeed.

VB: How would you define the term “career”?

MJ: The first thing that usually comes to people’s mind when they think about the word career is that it’s synonymous with “climbing the ladder”. This is not necessarily the case. In my view, having a career is about being fulfilled in a business-related activity and having the feeling to be contributing something meaningful.

VB: What if somebody does not have a” career” but wants to begin? Where to start? When is it too late?

MJ: The best way to approach this, is to take some reflective time. Identifying your strengths and listing what drives you. We all have accomplishments - what were things that you really enjoyed? Where do you want to be? What does that feel like?

There can be some limiting beliefs that crop up when you do this type of thinking and it’s important to not give in to those beliefs! They can be around topics like “being too late”, age, education, etc. Bottom-line is that it’s never too late, it’s about listening to your intuition, doing your “homework”, exploring your options and keeping an open mind.

"Anyone who stops learning is old, whether this happens at twenty or eighty. Anyone who keeps on learning not only remains young, but becomes constantly more valuable regardless of physical capacity"

Harvey Ullman

VB: Many women with children have extended their maternity leave for a few years with a decreased self-confidence as a result. How can they get their self-esteem back?

MJ: We need to be aware to not enter into a “victim” position. Ask yourself: What do I want *now*? What really suits me at this point? It might not be the same as before the maternity leave. Then define a strategy and make an action plan. Seek some support from a coach or someone else to help you define your next steps. Prepare mentally and be proactive. A good

tip is to keep in touch with your boss and colleagues during your maternity leave to keep informed about the status.

VB: What about women who have a good position but somehow they are stuck or unsatisfied? What shall they do?

MJ: Once again, this is a time to take a step back to reflect, review our options and listen to our intuition. In this process it's useful to learn to trust ourselves and perhaps not listen too much to what friends and colleagues say as their "advice" often tends to be clouded by their own agendas.

Feel, think, do! When you are clear: Seek out role models for what you want. Invite them for lunch, interview them! Get inspiration by reading biographies of successful people.

VB: Change includes also fear about the unknown, the uncertain. How can one beat this fear?

MJ: Face your fears and really investigate them. Instead of pushing them away, get curious about them. Write them down. When doing this type of exercise we usually realise that there isn't much to be afraid of in the end. Surround yourself with supportive people as much as you can. With every step you take the fear tends to decrease. And remember, there are no failures only experiences. We have so much untapped potential within us. We need to dare and take calculated risks if we want to live a juicy life. The way to have that is to be conscious to Improve Your Life!