

# career change

## - a leap of faith

Changing jobs can be quite daunting if you aren't prepared for what's around the corner. Switching professions, starting your own business or even going back to study inevitably involves a lot of planning, funding and an enormous leap of faith. LEONA WATSON reveals how to plan for a stress-free career change.

History is littered with tales of career changes that have transformed history. Vincent Van Gogh was a clerk in a bookstore before he picked up a paintbrush, Mahatma Gandhi was a lawyer before he became one of the world's most influential spiritual leaders and Ronald Reagan was a B-grade actor before he became the president of the United States of America.

**Some advice for anyone seeking a change is to let people help you manage your finances and to be confident and positive.**

■ Don't underestimate the importance of the influence of people surrounding you. The more like-minded and positive

individuals you can surround yourself with, the better. These people will help give you the confidence you need to get past the 'can't' mentality and move towards eliminating limiting beliefs.

■ Move forward positively. You need to ask yourself if there is anything that is stopping you from being 100% confident in this decision. If there is, fix it!

■ Seek professional advice - find a mentor, linguistic programmer or counsellor. It is completely normal to have a bit of an emotional roller coaster ride during this period. Acknowledge how you feel and remember that there is light at the end of the tunnel!



**If you have effective time management, communication skills and self-motivation - you can do anything!**

■ Alter your lifestyle. If you are dedicated to this change, you need to be realistic. It is possible that you will have a drop in income, so a few months before you make the change plan your lifestyle changes to accommodate this.

■ Adjust your finances. Think about decreasing your mortgage, postponing an overseas holiday and moving any extra cash into a high interest savings account. Prepare yourself by drafting a budget.

■ Transition techniques - you don't have to jump into the deep end. Give yourself time to breathe and undertake some part-time work whilst you are going through the process of deciding your future career direction.

Furthermore, don't overlook the importance of the changes in tax and ensure you speak to an accountant. It is important to be confident in your decision and remember, if you have effective time management, communication skills and self-motivation - you can do anything!

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