

Reinvent your career to do what inspires you



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At some point in life, the conditions seem to be given to make a change in our career. It is because we move from country to country because there are internal changes in the company and our name came out on the list of layoffs because the political and social conditions of the country do not seem to give us opportunities because we just do not see sense in the work we do every day, etc.

How many things happen to us, that mark points of conjuncture of such importance that they break our paradigms and force us to run the life in a different way?

Why is it important to reinvent ourselves professionally?

According to the latest statistics (various sources), the average percentage of time a person spends in their daily activities is as follows: Sleeping 20%, 15% in (public or private) transport, between 40% and 50% working, about 10% in household chores and only about 5% doing something they like. This means that most of the time we will at work, we feel good or not in it.

Interestingly, **about 59% of the active population in the world is unhappy in**

their job, even if it is in a large company with benefits and provides job security stability.

This occurs because most people do not stop to define a career that is aligned with their values and true talents, which is not obvious, since in school they do not teach us about personal development, and vocational tests (when they are done) are based solely on IQ and skills, but not on preferences or values, Neither in personality nor in natural talents.

When I look at the professional life of people, I came to the conclusion that there are three main trends:

1. Most people who have finished school and have a good education looking for a job that fits closely to what they have studied, even if it does not make them happy.
2. Most people who have not had the opportunity to receive any level of education (or very little), looking for a job because they have to earn a living and pay the bills.
3. Only about 1% of the population, regardless of the level of education they have, goals based on their values and talents are set, pursue their dreams and have a career that makes them happy.

It seems unfair to think that only 1% of the population feels really happy with her professional life, are able to overcome the challenges they face and grow along the way. It is no coincidence that 99% of the wealth of the world has a 1% of the world's population. This makes you think, does not it?

Now, what is your case? you also spend most of time at work and you feel dissatisfied? **If you are one of those who thinks that life should have a purpose and you could be authentic, it is time to reinvent the race.** I firmly believe that

it is essential to build a career based on the values and preferences of each person, where **we can best use our talents and abilities to add an indisputable value where we are.**

Where to begin? A coach can help you define

First thing's first. **Reinventing yourself requires knowing yourself and reflecting things honestly.** I always tell my clients that the only person who will live with them all life are themselves, and if so, we must be honest and faithful to us. Other people come into our lives to fulfill a mission and join us at certain stages. So we must act upon us, of course, being green without harming others.

It is important to be aware of our values and preferences. When I talk about values I do not mean only the ethical part, but what we really value, **what is more important and a priority for us.**

Each person has different areas to develop and together form being integral. According to Dr. Demartini, a specialist in human behavior, the seven areas in life are: mental, physical, financial, vocational, social, family and spiritual. Knowing how to determine our preference in each of these areas and how we feel about them is the key to a fulfilling life.

Allow yourself to know, understand your personality, your skills and your talents. Understand the profile you offer with your strengths and your added value. **Two people may have exactly the same skills, but different personalities make each one have a different value to add.** What's yours? How do you do things authentically?

Where and how to reinvent?

Today's economy (despite crises, wars and

other conflicts that the world faces) represents **opportunities to create value, create order, create jobs, connect with others, promote tolerance, facilitate our daily operations, assess risks and new trends, create new ways of teaching, traveling and even cooking**, i.e., opportunities for whatever!

Coaching can help you understand everything you need to reinvent yourself is to have a little creativity and understand the market of the country in which you live. Some questions that could be made are: Do you know what the demand and supply of where you are? Have you analyzed what the current needs and new trends?, have you thought about what kind of activity you can do or that product or service could offer depending on what your market is developing?

The next step is to think of the channel, i.e., how to monetize your talents and abilities. To do this, you must understand what economic model or system will allow you to capitalize on your skills to achieve a career that generate the income needed to live quietly. For example, you would be able to work in a company, in an academic institution or a non-profit organization? Would you like to start or not? Would you like to create a physical or online business?

Finally, **remember to reinvent itself requires make a difference**. Not only for you and your professional life, but also for others. At this point you should think about what your value added and how to bring your authenticity in whatever you decide to do. **Allow yourself contribute your way, using your natural talents and be a leader in your area. From this it is, to be able to be yourself and enjoy your career as well as your hobbies.**

DISEÑO – SUBTEMA

To where you want to go?

When we entered reinvent the dynamics of the race, motivation and desire to do what we want to lead us to imagine the unimaginable. This feeling is really great! And I think it's important to always have her with us in this process, since motivation becomes the energy that allows us to continue and persevere, even in the most difficult to overcome obstacles.

However, **dreams are only dreams if not defined and properly planned**. It is therefore important to define a professional goal. **Help yourself to your coach and defines what you want to be and how you want to be professionally**. No matter the size of the goal, what matters is that it is well defined and that the objectives are clear to you. I remember wanting to get away it requires us to be able to separate this **big goal into small goals that are achievable and realistic**.

Design your plan and determine what actions to take with the help of your coach to show you that if it is real and what is far from reality. **It is important to set dates** so that you have an idea of how long it will take the career transition; This way you can more easily manage anxiety and stress. **Taking into account the resources you have and you'll need to meet your goals**.

What it is the hardest part of the transition and how to overcome it?

The hardest thing about a career transition is the feeling that most of the world is against us. Having an idea and dare to pursue may cause disapproval in the rest of the people who are not aligned with our ideas. This is known as external resistance, and even the strongest person in the world can fall into the trap of being overwhelmed by the transition process and fall in

pressure and lack of faith of others.

The hardest thing in the transition is the first step. Fears attack: fear of failure, fear of success, fear of loneliness, fear of ridicule, fear of not knowing, fear of public speaking, fear of investing, fear of wasting time, fear of losing what you have, fear of alienating loved ones, fear of not being recognized, and all other fears you can think of. Until the fears that we never knew existed appear in this process; this is known as internal resistance.

Both internal and external resistance are exceeded for support; coaching is one of the best tools you can use. After I myself went through a restructuring of career and ask other people who are in this process, I have come to understand that it is needed to overcome fears and external resistance is to have an unconditional and professional support.

Having a coach to trust what you're doing and guide you when in doubt is a huge success factor, definitely priceless, what you have is value!

You should also prepare your mind. Go through a transition means to adapt and correct certain things. Your brain is accustomed to a series of events, routines and practices every day, but when you're no longer doing the same, you need time to understand what is happening and adapt to these new patterns.

My advice would you program your brain in advance, you have a vision. It is proven that the brain does not make a difference between reality and imagination, he creates the neuronal synapses way and anticipates needed to create the desired result. **Practice creative visualization for the brain begins to activate those neural circuits that need to adapt more easily.**

Speaking from personal experience, reinventing professionally is one of the best decisions I ever made in my life. Today I feel full, not only because I do what inspires me and I do my best every day, but because **I can say that every action I take is a real intention behind, and act with intent creates more value for me and for others.** Each stage of the conversions we have lived with intensity and has helped me grow personally and professionally.

If you have a genuine intention to create value and to enjoy your life fully, you too can reinvent yourself, do what inspires you and live that. Allow yourself to live and act with intent and motivation!