



The challenges and opportunities of Your Career Journey.

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Career, What does it mean? Career is used to reflect on the journey we undertake in our learning, training, gaining experience, confidence, networking, working and personal life. Some live to work, expressing their values in their working life. Some make the compromise of working to live, with a sense of what else they may be. Changes in working life and choices vary overtime. Each choice is unique, every situation a person chooses from is different. Each set of values a person applies to work can be based on their built-up experience.



On average people may have between 10 and 12 different jobs in their career journey by age 38 (IBEC, 2018). More than half of workers in Ireland are considering changing jobs, and 1 in 5 over the next 12 months (PWC, 2022/2023).

Have you recently asked yourself, who am I? Who can I be? Challenged with doubt, hoping for a change, unsure of which way to go in your career journey, seeking a clear plan to begin your change.

Over 12 years in Career advice & Guidance, I have supported many journeys from young adults to adults of all ages and lifelong learning. Each change journey is a mix seeking pathways in education, training, and employment. I believe it is important to work with the person to understand who they have been, who they are, and who they would like to be. The focus is a clear understanding of what the labour market and employment options are to target your actions to a sustainable goal, to balance work and life.

- What course to choose?/ What level?
- How can you get an Apprenticeship/ Traineeship?
- How to apply for the change you want to make?
- Learning while working?
- Finding employment & work experience?
- Changing jobs?
- Working for yourself, working for others, and portfolio careers?
- Finding your career goal?
- Planning for sustainable change and actions.
- Preparing for change in skills required in your working life.
- Responding to your changing work life balance over your lifetime.


There are many types of courses, education, training, and employment. Understanding your choices is the challenge. Career guidance supports you across your lifetime from school, education, training, joining employment, applying for work, and building your career management skills during your lifetime to approach your change with confidence.






How would you like Change Guidance to support you?

<u>Education</u>	<u>Training</u>	<u>Employment</u>
<ul style="list-style-type: none">• CAO choices• Exploring PLCs• Finding Work experience• Studying abroad?• Applying to Post grads	<ul style="list-style-type: none">• Finding Apprenticeships• Traineeship choices• Micro-credentials• Upskilling while working	<ul style="list-style-type: none">• Career choices• CV review• Interview prep• Job application review• Networking & Social media

Contact for Guidance Appointment
Qualified Career guidance counsellor ready to support you with your career journey.
Zoom appointments available.



 Kildare & Nationwide Online  086 8983209  www.changeguidance.ie

References/ Web citations:

Bureau of Labor Statistics, March 2015; Ibec (2018) Smarter World Smarter Work
[\[https://www.smartfutures.ie/wp-content/uploads/2018/12/Informed-Choices-Career-Guidance.pdf\]](https://www.smartfutures.ie/wp-content/uploads/2018/12/Informed-Choices-Career-Guidance.pdf)
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PWC 2022 cited in Independent <https://www.independent.ie/business/irish/over-half-of-irish-workers-want-to-change-jobs-and-pay-is-the-main-reason-to-switch-according-to-pwc-survey/42055763.html> [web links accessed, 23/09/2023].

PWC 2023 <https://www.pwc.ie/media-centre/press-releases/2023/hopes-fears-workforce-survey.html> [web links accessed, 23/09/2023].