

GET CAREER CONFIDENT

If going to work fills you with dread, it could be time to consider a job reshuffle

We spend a huge part of our lives at work and to get value from our 9-5 it is vital to feel challenged and fulfilled.

If we don't enjoy our roles it can negatively impact us across all areas of our lives, but despite this, many of us find it hard to leave jobs we don't love. "When it comes to our careers and venturing into something new, we can unearth a lot of hidden feelings and limiting beliefs around not believing we are good enough or worrying we will make the wrong decision and regret it," says life coach Chloe Leibowitz (chloeleibowitz.com). "Often we focus on the negatives and feel fear – of failure and of success – and what will happen with the rest of our lives if those fears become reality."

Follow Chloe's advice to make the career change you crave:

1. Focus daily on why you want to change your job. When we embark on something new our fears get the better of us, we wonder 'why am I even doing this?' and then we stop. Knowing why you want something is how you keep moving forward; create a vision board that shows you everything a different future will give you, from more flexible working, fulfilment and time with your family, to increased wealth and less stress. This is a powerful way to keep



a visual reminder of what you are aiming for and, crucially, why. Read it daily to bring it to life and fill you with enthusiasm and focus.

2. Another big resistance to such huge change is feeling we are not good enough. So, remind yourself that you are! Take time to sit and list out your talents, skills, achievements, passions, positive traits and anything else you feel good about. There is no harm in boosting your confidence by being upfront and honest about how great you are, rather than resorting to questioning whether you can do it.

3. Confidence isn't something we learn, it's something that builds when we get outside our comfort zone and face our fears. That's when we realise we can really do it, and it's where we grow. The temptation is to stay safe, hidden and not put ourselves out there because we're scared. But be bold, step up and apply for the job - you can do it!

"IT'S FANTASTIC BEING MY OWN BOSS"

For Neringa Kasaciuniene a chance meeting set her on the right career and life path

"I'd been trying to start a family for over five years. I'd had a lot of tests, and refused IVF. A meeting with a student from the College of Naturopathic Medicine (CNM) was what inspired me to study nutrition to help my own health issues. So I enrolled on CNM's course, and used my college contacts to get a detailed naturopathic plan to address all my nutritional needs. I soon noticed an end to my mood and digestive difficulties and that my hair, which had become very thin, was really thickening up. Within six months I fell pregnant. On becoming a busy mum, it would have been all too easy to give up studying but the more I learned about nutrition the more shocked I was at its therapeutic powers. My CNM studies changed my life 100 percent. I graduated as a nutritional therapist in 2012 and I love everything about practising and improving people's lives. It's also fantastic being my own boss and being able to fit practising around looking after my children."

Found the career you want but haven't got the right skill set? Here are three places you can study to get the job of your dreams.

CNM

Check out CNM's (naturopathy-uk.com) huge range of courses covering nutrition, acupuncture, herbal medicine, homeopathy and naturopathy.

School of Natural Health Sciences

Discover a variety of holistic career options at the School of Natural Health Sciences (naturalhealthcourses.com).

Neal's Yard Remedies

Learn the art and science of aromatherapy with Neal's Yard's (nealsyardremedies.com) aromatherapy and essential oil science diploma.