

Before you resign — make sure to take note of these 10 key points

It's too easy to resign and then regret it. Use these clear tips from career and job search expert Denise Taylor to make sure you resign for the right reasons.



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1: Know why you are leaving

Have you outgrown your job, decided you want to specialise in a new area or have you had a fall out with a colleague or feel miffed because you have been passed over for promotion. It can help to talk through the reasons for this with an objective outsider to make sure the same things don't go wrong again.

2: Don't quit on a whim

Think it through. Make sure you find out everything you can about the new company and location. The grass is not always greener, and once you have gone it's unlikely you will be able to go back. People can then feel worse when the new job doesn't live up to their unrealistic expectations.

3: Don't resign without a job to go to

Many people resign with no job to go to as they feel unfulfilled and think that this will change with a new job. It may, but it is much harder to get a job when you are not working, and companies may view you suspiciously and think you could also resign on a whim from them.

4: Think about what you do want

Go beyond the job to think about your ideal work and personal environment, and how much money you need for your chosen life style. Some professionals will take on a low level job thinking they will be happier without the pressure of the previous job. However, not enough job responsibility, or working in a menial role with little autonomy creates a different type of stress.

5: Don't threaten to leave unless you mean it.

You may be offered more money, or the offer of a company car, but you may just be wished well for the future.

6: Don't assume.

Don't assume you will easily get a job in a new area. The situation may be more difficult, there could already be a glut of accountants, marketing managers etc in the new city, and employers hate people who have just quit a job. They think you could do the same with them.

7: Get the job offer in writing

Too many people act on the strength of a conversation and the paperwork never comes through. Wait till you get a contract.

8: Know your financial situation

Have you worked out how much you need to live on? If you are not going to another job, will you have enough money to survive for maybe 6 months?

9: Stop! before you decide to move to the beach or the country

The area may not be the same in winter as when you are on holiday. Take a holiday in the off season, see what you think of it then. If, e.g., you have decided to be a surfing instructor in Cornwall, find out what sort of work is available in the winter.

10: Could you have a sabbatical?

The number of companies offering unpaid leave is growing. Could you take 3 months off to try out a new life style/ career? After a few months you may realise that the old job has a lot of positive aspects.

Brought to you by Denise Taylor, Chartered Occupational Psychologist and Director of Amazing People. Denise is a careers expert who specialises in helping individuals achieve career satisfaction and to take a systematic approach to job search.

Do you need help with job search—whether it's CV preparation, interview practice, increasing your profile or self marketing, let Denise guide you through the maze so you get a job quicker, make more money and have fun while you do it.

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