

Love your Job

If you hate your job, be specific about what you don't want and come up with some ideas to make things more tolerable



November 2006

3 Brook House Barns Aston
on Carrant Tewkesbury
GL20 8HL
01684 772 888
www.amazingpeople.co.uk

WHAT TO DO WHEN YOU HATE YOUR JOB AND JUST CAN'T LEAVE – 7 crucial steps

Hello,

I hope you are keeping exceedingly well. I've had a couple of emails this past month with people telling me that they love the new style newsletter, and they now keep them, but the newsletter seems to have lost a bit of the personal touch. I am always interested in feedback so this month, you get to find out what I have been up to plus you still get an article. I've chosen this one this month as 3 of my recent clients have been caught in a dilemma—hate their job, but can't afford to leave. In that case you need to look at ways to reduce your expenses, and how to make it bearable till you can afford to leave.

WHAT TO DO WHEN YOU HATE YOUR JOB AND JUST CAN'T LEAVE – 7 crucial steps

You hate your job, but what specifically? Take this structured approach to get some clarity, and identify some action to take. It's unlikely you hate everything, there must be something that is good, and other elements that are ok.

Step 1: Take some time (perhaps over the weekend) and **put down in detail what you dislike about your job**. You really must be specific, it is not just that you dislike your boss, but e.g. the way he never gives you feedback or flies off the handle without reason, or never shares business information with you and your colleagues.

Step 2: Next, **list down what you like about your job**. There must be something that you like, perhaps not your boss, but your colleagues, or your free health-care.

Step 3: Identify what you can resolve. Can you be proactive in some areas? Can you approach the person you are having problems with? Perhaps it's a colleague who doesn't do their fair share of work so everything gets loaded onto you. Be careful though. Don't charge right in, wait and think things through from their perspective.

Step 4: Address the areas you may need some help with. Has the volume of work increased so much that you have to work late each night, or are you taking work home? Do you need to discuss this with your manager if it is becoming far too much?

Step 5: Should you look for more responsibility? Are you bored by what you do? Let your boss know that you could handle more and get involved in some projects? If you get turned down, then persevere. Perhaps you need to convince him or her more. Are they aware of your out of work achievements?

Step 6: Do you need more variety? Look to do more of what you like and less of what you don't. Think about how you can position this to your manager to make it a win-win for both of you. If you get on well with your boss she or he is likely to want to keep a valued member of staff and so be more willing to help.

Step 7: you can **take a wider view and see what else you can do to make your time there more tolerable** - sign up for an evening class and do some study in your lunch break? You might even get some support from the company.

So, a few suggestions to help you make the most of a job you don't like. You are likely to learn something about yourself, and the way you handle work situations and people relationships. Any other ideas? Do let Denise know.

What's Denise been doing?

I exhibited at a Jobs Fair in Cheltenham, not far from where I live. From that I've worked with 9 local clients, all with very different needs and limited budgets, so I was able to adapt my coaching to give them more work to do from home, and hence keep the costs down.

To receive this newsletter each month, including access to a series of tips sheets to help you be more effective at work complete the form at www.amazingpeople.co.uk/tips.htm

“Thanks so much for all your help - it really made a big difference.”

Have a career question? Be sure to send it to Denise for a personal reply



November 2006

3 Brook House Barns Aston
on Carrant Tewkesbury
GL20 8HL
01684 772 888
www.amazingpeople.co.uk

What's Denise been doing? continued

I have **undertaken two recruitment assignments** – for a marketing manager at Leeds University and for internal promotion within the Civil Service. I have also run a training half day with a local company helping them to widen their options for dealing with difficult customers.

I have a number of other activities bubbling along. I have been in talks with a **Gloucestershire School** about bringing my **student programme** into the classroom, have a joint venture with Accountancy Age, am going to be an expert with an internet marketing company and have a **possible joint venture going with one of Alan Sugar's apprentices** – plus I am working with an **Internet Marketing company**. phew! No wonder I haven't had much free time at the moment.

I have also completed a **Dreamweaver web design** course, just need some time to get on and use it.

Internet Marketing for Entrepreneurs

I'm going to be a guest expert for a new venture and you can read more here: <http://www.oms3.com/homepage.html> with my details listed under the partners' subheading: <http://www.oms3.com/partners.html>

On the 14th November I'll be running a seminar on **Who am I? Get to know who you are and how to play to your strengths** so you may like to join so you get access, and it will be especially valuable if you are trying to set up your own business.

Interested in Accountancy?

I'm in a joint venture with Accountancy Age this month. Until 30 November, everyone who signs up for a new job alert with Accountancy Age has a chance to win coaching sessions with me, so if you are interested in accountancy, sign up at: <http://www.accountancyagejobs.com/jobalerts/signup>

Going Green

I am very interested in environmental issues, recycle as much as possible but driving a sports car did not sit easy. So I've traded in my environmentally unfriendly car for a Citroen C1 and I love it! Not only is it doing over 60 mpg but the road tax is £40 per year and insurance is the lowest group – saving money and doing my bit.

Getting fit!

Way back in January I started walking and have been averaging 13,000 steps a day. I have been feeling a lot fitter, and lost over 3 stone in weight, but needed to step things up. So I have joined a gym and have a personal trainer, I can already see the difference and am focused on my target of losing a dress size by Christmas.

Quick Links

www.amazingpeople.co.uk

www.personalassessments.co.uk

www.jobsearchsupport.com

www.amazingpeople.biz

Get in touch. For a confidential chat about how we could work together email or call **01684 772 888**

denise@denisetaylor.co.uk

Career Counselling and Guidance -
Assessments - Job Search Support -
Assessment and Development Specialist

To receive this newsletter each month

amazingpeople-50638@autocontactor.com