



LAFAYETTE
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Are you ready for a career change?

Answer the following questions:

- 1 Do I usually feel stressed or bored before or after work and unhappy while at work?
- 2 Do my family and friends tell me I seem unhappy at work or that I spend too much time at work?
- 3 Do I want to change because of my working conditions or someone at work?
- 4 Can I get help from an organisation or manager to solve my issues with working conditions or someone at work?
- 5 Is my work against my values or beliefs?
- 6 Do I know what my skills are and have I listed them?
- 7 Do I feel that I'm not using my skills or abilities enough? Am I being challenged?
- 8 Have I learnt new skills that are not being used in my current job?
- 9 Do I want to stay in the same field of work or have a complete change?
- 10 Do I understand my own personality and the type of environment I'd prefer working in?
- 11 Do I know what my interests are? Do I know what my desires for my career are?
- 12 Could my family cope if I change? Could I cope with a drop in pay?
- 13 Are there long-term benefits, like a change in salary or position, to my current job if I stay?



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- 14 How will my life be different if I change my career?
- 15 Will I need to study or retrain? Will my existing skills transfer to a new career?
- 16 Do I have enough time to recover my study or training costs and loss of income?
- 17 Is there any way I can try out a new career without quitting my current job?
- 18 Is there help available in my community to support me as I make the change and help ensure its success?
- 19 Do I have the patience to spend time in an entry-level position to get to my goal?
- 20 What are the risks? How willing am I to take these risks?