

Ten Signs of Job Dissatisfaction—Don't Ignore Them!

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The new year is a great time to analyze your job satisfaction. As you make your new year's resolutions, include career fulfillment as a top priority. There are ten sure signs that you are experiencing job dissatisfaction. If you:

10. Dread Mondays or coming to work
9. Can't wait for Friday
8. Are often bored at work
7. Feel tired or chronically fatigued
6. Avoid your boss and dread meetings
5. Have no enthusiasm or sense of self-worth
4. Feel like you are getting nowhere in your job
3. Take work stress home
2. Question your choice of industry or occupation
1. Can't think of a way out

Any of the above signs indicate a need for change. The biggest career mistake is to ignore those indicators. A head-in-the-sand mentality can lead to a downward career spiral that ends with disappointment and "what if" regrets.

Here are three great ways to facilitate positive change.

Analyze your career choice.

Is the problem your boss or employer—or is it that you have chosen the wrong occupation? Before you take any action, make sure you know what needs to change.

Don't make the mistake of throwing away a good career (ex. accounting, sales, finance) when the problem is really the person you work for. On the flip side, if you're not cut out for sales, then changing employers isn't going to help the problem.

A career coach can guide you to determine which of these problems is causing your unhappiness and give you ideas for your next career move.

Update your resume.

Updating your resume can give you a great confidence boost. You'll feel better immediately if

you know you are ready whenever opportunity knocks.

Be careful, however, that your resume doesn't resemble a house with too many additions, each resembling a different style. If you have simply added to the same old resume job after job, it's time to "tear down that old shack" and rebuild your resume from the ground up.

If your old resume format doesn't live up to your professional image, you may want to consult a resume writer. You'd never wrap a ruby ring in old newspaper, and you should never present your career with anything less than professional polish.

Brush up your interview skills.

If you have been on the job for a couple of years, your interview skills are probably rusty. Don't make the mistake of blowing off the first few interviews as practice. They might be the perfect jobs for you!

You'll feel much more confident and comfortable if your interview skills are honed before you step into the first interview. To determine your current level of interview expertise, answer the following questions:

- o Do you know the toughest interview questions—and how to answer them?
- o Can you answer the salary question without compromising the level of starting salary at offer time?
- o Can you recognize the most common interview styles—and respond without showing stress?

If you aren't sure, then it may be time to visit with a career coach who can help you prepare to WOW them in every interview.

Job dissatisfaction is an indication of needed change. Take the steps of change by investing in the appropriate job-search skills and tools, and you will be in a position to change your job—and your life—for the better.

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