

CareerGrowth Group



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Dear Successful Career Professionals

These are tough times and no one can deny this. Many of my clients are still gainfully employed, despite the economic downturn; but they not happy with their choice of career. These clients come from a variety of fields and professions (from banking, apparel, retail, insurance and internet marketing to name a few). Even doctors and lawyers have shared dissatisfaction with their current work. Working with these clients, I remind them that there are many assessment tools out there that can be used to evaluate alternative career choices, and that you do not need to be "stuck" in your career.

Are the results from well-known assessments such as: Myers-Briggs, Centermark useful? The answer is a resounding "yes, yes, yes". It is true that evaluating one's "self" is just a starting point for the tough self-exploration and research needed to find a new direction in one's choice of a livelihood. The sheer bulk of data presented by the assessment tools can be overwhelming; especially if you choose to try to do it without the help of a career counselor / coach. During the sessions, my clients and I have discussed a variety of alternative career choices. Between the sessions, my clients do some controlled "soul" searching, extensive career research and 24 hour "job" shadowing.

Assessments are a great starting point to evaluating other career directions. Read the recent articles in the New York Times by Lisa Belkin and in the Wall Street Journal by Sue Shellenbarger. Sue's daughter, and Lisa herself, took a variety of assessments and were amazed at their accuracy. My clients too have been amazed at the how the results of the evaluations can begin to guide them in evaluating their desires, needs and emotional "fits" to alternative careers. These times are a great moment to explore alternative strategies.

Don't quit your day job even if you are not happy with your career choice. This is an excellent time to evaluate future career choices. You can do this by evaluating your background, work experiences to date, and the opportunities for your future in an industry. Even in the financial sector there are pockets of job growth. The Bank of New York Mellon was named the master custodian overseeing the Treasury Department's \$700 billion bailout fund. This is one example of expanding job opportunities in New York City.

If you are unhappy at work, or with your career choice, give me a call; we can discuss whether this is a good time to assess a new career direction. I look forward to hearing from you.

Best wishes,

Beverly R. Daniel

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About Beverly R. Daniel: Beverly Daniel is a career counselor / coach, who helps career professionals move successfully from one level of their careers to another. This can include assessments and evaluations about career choices, strategic planning for career moves, navigating in corporate structures, or moving from corporate to self-employment, or entrepreneurship. She works with lawyers, banking executives, marketing professionals, among others in all functions and industries. Beverly has been in the executive search and career-counseling field for 29 years. She holds a BS and MS in Psychological Counseling from Boston University. She holds an MBA in Management from New York University. Beverly studied for a Ph.D. in Clinical Psychology at Case Western Reserve University.