

# Find A New Job Within NEW LIFE

Empower  
your  
life

Are you constantly in search of the perfect job, do you strive towards the next job title only to be disappointed? Love the praise and bonuses, but feel there is an empty hole that needs filling?

If you are this type of person then your drive sets you apart from others, imagine what you could achieve if you channelled this energy into “one” job! MASSIVE results?

## And the solution?

In our experience, people who “feel” this way use work to complete an area of personal fulfilment! Is this you?

A new, better, different job can be a temporary solution to a continuing problem but will never resolve or deal with the root causes. The good news is that there is an answer, and it lies within your ability to resolve it.

## The futures bright! – exercise....

Think of a time when you were at your career peak, feeling more excited, energised and focused than ever before! Follow the questions below.

- What were you doing?
- Where were you?
- What can you hear, smell, see and feel?
- Who was there with you?
- What made it so good?
- How good did you feel?
- What did you do to celebrate?

How do you feel NOW! Remember how you achieved this “state” and “anchor” it accordingly.

You are probably feeling a lift in feelings, sense of increased alertness, even a smile. Can you imagine having the ability to access that feeling once again and to apply it to all your negative emotions at work!

You are likely to:

- make the calls you have been putting off.
- be articulate and energetic and people will want to help.
- meet the people you have been avoiding.
- network and look to assist others. In return others will assist you.



- have the difficult conversations.
- ask for the help and support you need.
- tackle the sensitive issues.
- find the words to express your feelings.
- listen to others and work together to find a way forward.
- face your fears and in doing so will defeat them.

## **Continuing your good work!**

How can you use this technique to make each day easier?

- Forgive yourself and others, and let go of past disappointments.
- Take responsibility for your career and recognise you have the power to make it better.
- Get clear about your vision and where you are heading.
- Believe you can achieve it.
- Make a clear plan to reach your goals and reward yourself for positive steps forward.

You deserve a great career. You have the ability to make this happen. What are you waiting for?

If you are ready to start making long lasting changes to your life, call us NOW on **0845 194 9644**