

Quiz: Am I ready for a career transition?

Take our quick and easy quiz to find out whether you should be looking at a career transition right now. Circle the statement that most resonates.

1. How did you get into your current career?

- A I always dreamed of doing this job from a young age.
- B I tried out a few things in my early career before finding my current niche.
- C It was my first job and I fell into it without doing much research.

2. How do you feel on a Sunday night?

- A Relaxed and ready to watch Netflix.
- B A bit sad that a fun weekend is drawing to a close.
- C Dreading work tomorrow and knowing that you won't get a good night's sleep.

3. How do you feel about your work colleagues?

- A Work is a big part of my social life and I love spending time with my work friends.
- B The people I work with are fine but I tend to socialise mostly outside of work.
- C I don't interact with my colleagues very much as we have little in common.

4. How do you feel about your boss?

- A My boss is very supportive of my development and always has my back.
- B My boss is OK and generally lets me get on with my own thing.
- C I don't trust or like my boss very much.

5. If money were no object, would you...

- A Do exactly what I'm doing now as it's my true vocation.
- B Not work at all and pursue my interests outside of work.
- C Do something completely different to what I do now.

6. How do you feel about work in general

- A I live to work.
- B I work to live.
- C It's a necessary evil.

Now tot up your As, Bs and Cs and turn to the next page to find your results and five actions we recommend you to take now...

Your Results

Mostly As

You appear to be happy in your career at the moment. It may be that you have found your career niche quite by accident or by design. You probably enjoy your time at work and like the people that you work with. There may be nothing at work that you would want to change at this point in time.

We recommend you take some time out every now and again to check that you are still on the right track and doing work that is aligned with your values, your strengths and something that you enjoy.

5 actions to take now:

1. Feel gratitude that you are thriving at work.
2. Rate your career satisfaction on a scale of 1 – 10. Where are you? Where would you like to be?
3. Take a strengths assessment and analyse whether you're currently using your Signature Strengths (top 7) in your work.
4. Think about your values. Is your current role and company allowing you to live these values?
5. Create an action plan for how to achieve your career goals and make sure to check in with your strengths, values and career goals at least annually.

If you'd like some further ideas on what to do next, email me: alison@dynami-careers.com with "Mostly As" in the subject line.

Mostly Bs

You probably think that work is OK but definitely see work as a means to an end rather than necessarily a "vocation". Have you ever wondered what it would be like to spend your working hours (we're assuming that's a large percentage of your time) doing something that made you energised, motivated and fulfilled?

We recommend taking some time over the next few months to reflect on your strengths, values and what you enjoy doing and creatively thinking about different careers that might align to those.

5 actions to take now:

1. Take a strengths assessment and analyse which of your Signature Strengths (top 7) you would like to use more in your career.
2. Think about your values. What is it that gets you out of bed in the morning?
3. Think about what you enjoy doing most, either inside or outside your career.
4. Brainstorm a list of possible jobs / careers that fit with your strengths, values and what you enjoy doing (useful to get someone else involved in this).
5. Create an action plan for how to achieve your career goals and make sure to check in with your strengths, values and career goals at least annually.

If you'd like some further ideas on what to do next, email me: alison@dynami-careers.com with "Mostly Bs" in the subject line.

Your Results

Mostly Cs

You may not have always been disillusioned with work but you are now in a bit of a career rut. You might think that nobody really enjoys what they do for a living and everyone is just hanging on for retirement or a life-changing lottery win. However, there is another way.

Now is the moment to take some time out and to think about your career differently. What would it feel like to find a vocation that aligned to your values, strengths and activities that you truly enjoy? We recommend you explore a career transition starting today!

5 actions to take now:

1. Think about your career to date. Where were the high points and low points? What was it about those roles or companies that helped you to thrive?
2. Take a strengths assessment and analyse your Signature Strengths (top 7). These are the strengths that you should be using on a daily basis in order to feel energised.
3. Think about your values. What is it that gets you out of bed in the morning?
4. Think about what you enjoy doing most, either inside or outside your career.
5. Consider working with a career coach to really drill down into what sort of careers could re-energise and re-motivate you and work towards achieving that.

If you'd like some further ideas on what to do next, email me: alison@dynamicareers.com with "Mostly Cs" in the subject line.



Hi, I'm Alison Hughes and I specialise in helping people create a career they love. I do this by shining a light on your strengths, values and desires, enabling a deeper understanding of how that can come to life in your career. I support you to move towards a career that engages and invigorates.

Before establishing Dynami Careers, I worked in executive search and HR consulting. With my senior recruitment background and as a professionally qualified coach (ICF), I am uniquely placed to support your career transformation from an emotional, motivational and practical viewpoint.

*"I was unhappy in my job but felt daunted by making a change –I didn't know which way to turn or how to get there. Alison's help was invaluable. She helps you to break things down so that you can find the answers yourself. She also helped me to tackle my fears about actually making the change. Alison is friendly, down to earth and a great listener. I would highly recommend her." **Victoria, Lawyer***

*"I greatly benefited from Alison's coaching at a critical time in my career. She was able to steer me in making the right decisions, ensuring I'd fully explored the options available, asked myself the right questions, as well as giving me the confidence to achieve my goals. I have gone on to secure a new and fulfilling role and I truly believe her coaching helped me to focus on the right areas to achieve this. Alison is obviously very experienced, extremely capable, a real pleasure to work with, and I would highly recommend her services." **Geraldine, Head of Marketing***

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