

**Being in the wrong career can damage your health!**

I was talking to someone the other day who was about to start coaching with me, who said she feels that her health has been adversely affected by being for so long in jobs that are really demotivating for her. I was not surprised – I have met a number of people who are in similar situations – although, not being a scientist (and how you prove that sort of thing anyway?) I cannot produce ‘evidence’ - I can well believe it! We live in a very stressful society – everything is screaming at us to ‘buy, buy’, ‘save, save’, ‘get your security here’, ‘protect yourself with insurance’. As a result, many people are running around like chickens with their heads chopped off trying to maintain this stressful equilibrium, and of course the first port of call is the job or career isn’t it? How many people are motivated by the pay check (if it’s good) or by the security of having a ‘regular income’ – but to what cost?

I had a man tell me once, quite conspiratorially actually, that he was really quite pleased that he was being made redundant because he had an ‘excuse’ to do something he really liked and was compatible with him’! It turned out this (former) accountant was much more interested in the environment and geology. Wherever that conversation took him, I don’t know, but he left our short discussion an inspired, middle-aged man with some sense of purpose in life.

There’s a saying ‘Without vision the people perish’ – and I believe it’s true Perhaps not literally die, but at best some people become rather dull and lifeless, at worst they suffer depression or all kinds of ‘ailments’. In ‘another life’ I worked in lots of different industries, and one thing that struck me as really sad was the number of employees who lived for the end of the week (TGI Friday) and were operating on about 10% of their real potential – how sad is that!

Getting back to health – I do think some people can die from being long term in a completely incompatible job/career – I know someone who did. His heart gave out – rather too young - ostensibly just ‘heart failure’, but think about it; stress effects the heart and surely going to a hated job for 40 hours a week for 40+ weeks a year for 40 years must take its toll mustn’t it? That was my father. Perhaps that sparked in me a desire to help others find a sense of purpose and calling for their lives.

Enough of the doom and gloom! The good news is – it doesn’t have to be that way! In career coaching it can take me literally a matter of hours to help point someone in the right direction To a meaningful and purposeful, not to mention, satisfying working life!