

## Attain Career Satisfaction, Happiness and Health

Your career consumes much of your life. Doesn't it make sense to do all you can to find the best career for you? How can you go about doing that?

Ipsos Reid and CERIC (Canadian Education and Research Institute for Counselling) conducted a joint survey on Professional Career Planning. It may come as a surprise to learn 71% of the adult Canadians surveyed would get more professional career planning or job information if they could do it again. Four in ten, or 41%, actually regret not getting more help in choosing and planning their careers.

Most felt it would be valuable to have a professional career counselling program that included one-on-one counselling from a career planning/developing professional, résumé writing, interview coaching, and the rest of the skills needed in pursuing a career. Many of these ones had turned to parents, relatives, friends and newspapers when career planning or job hunting in the past. While they did find these resources helpful to some extent, the greatest benefit was found in a mentor.

Perhaps you feel it's a bit late to get started with career counselling and mentors. It's not, though. With so much of your life spent at work, it's important to do all you can to be satisfied with what you are doing. The survey included questions about career satisfaction being linked to health and happiness. Ninety-three percent agreed that "the more satisfied you are with your career, the more likely you are to have greater overall health", and 96% felt the "more likely you are to be happier in life, overall."

These seem like good incentives to do some thinking about your career and whether it is all you would like it to be. If it isn't, there are many career counsellors available today, with extensive training and experience, who would love to help you find the best path for you. This is a service Dimension 11 offers. As well, there are mentoring programs in many parts of the country. Saskatchewan has the Business Mentorship Institute. It doesn't hurt to look into these resources. Your true career is just waiting to be discovered!



## Quotes of the Month

"If we are facing in the right direction, all we have to do is keep on walking."

~ *Buddhist Proverb* ~

"What is the recipe for successful achievement? To my mind there are just four essential ingredients: choose a career you love, give it the best there is in you, seize your opportunities, and be a member of the team."

~ *Benjamin F. Fairless* ~

"The best career advice given to the young is: Find out what you like doing best and get someone to pay you for doing it."

~ *Katherine Whitehorn* ~

## Persuasive Writing

To make the most of your writing efforts, whatever it is you are writing, be persuasive and you'll get the results you want.

- ◆ Be brief and to the point. Too many words muddy the point.
- ◆ Be clear and accurate. Rather than, "Let's meet at Tim Hortons", write, "Let's meet at Tim Hortons on the corner of 4<sup>th</sup> Avenue and Albert." "Let's meet around 3:30 or 4:00" means someone could be wasting time for half an hour. "Let's meet at 3:45" is clear and precise.
- ◆ Proofread, proofread, proofread, no matter what you are writing. As Barbara McNichol, a copywriter and editor, says, "Precision goes hand-in-hand with persuasion." Typos, poor grammar and poor punctuation all detract from your message.
- ◆ Simplify. Avoid wordiness and complex, formal words.



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