

what career is right for me

What Career Is Right for Me? Finding Your Path in a Complex World

what career is right for me is a question that many people ask themselves at various points in life, whether they're just starting out, considering a change, or feeling stuck in their current job. It's a deeply personal inquiry, influenced by a mix of interests, skills, values, and practical considerations. The good news? Discovering the career that best fits you doesn't have to be overwhelming. By exploring your passions, understanding your strengths, and considering your lifestyle goals, you can move closer to a fulfilling professional life.

Understanding the Question: What Career Is Right for Me?

This question isn't just about job titles or salary figures—it's about aligning your work with who you are and what you want from life. Many people struggle with this because they feel pressured to follow societal expectations or choose a "safe" option rather than something that truly resonates with them. To answer "what career is right for me," it helps to break down the components that shape a satisfying career path.

Identifying Your Interests and Passions

One of the first steps is to reflect on what genuinely excites you. What activities make time fly by? What topics do you find yourself reading about or discussing endlessly? Your interests are powerful clues about careers that might bring you satisfaction. For instance, if you love solving puzzles and analyzing data, fields like data science, engineering, or investigative journalism could be a good fit. If creativity energizes you, consider careers in design, writing, or marketing.

Recognizing Your Skills and Strengths

Alongside interests, your natural abilities and developed skills play a crucial role. Are you great at communicating, organizing, or leading teams? Identifying these strengths can help narrow down options where you're likely to excel and feel confident. Sometimes, people overlook transferable skills gained from hobbies, volunteer work, or unrelated jobs that could open unexpected doors.

Exploring Personality and Work Style

How Personality Influences Career Choices

Your personality type can significantly impact what kind of work environment will suit you best. For example, introverts often thrive in careers that allow deep focus and independent work, such as writing, programming, or research. Extroverts might prefer roles involving teamwork, networking, or client interaction, like sales, teaching, or event planning. Tools like the Myers-Briggs Type Indicator (MBTI) or the Holland Code can provide insights into career paths aligned with your personality.

Considering Your Preferred Work Environment

Not all careers are created equal when it comes to work settings. Some roles demand constant collaboration, while others offer more solitude. Think about whether you enjoy structured routines or prefer flexibility. Do you want a desk job, or are you drawn to active, hands-on work? Understanding your ideal work style helps eliminate options that don't fit your daily rhythm and boosts job satisfaction.

Practical Factors to Weigh When Choosing a Career

Salary Expectations and Financial Goals

It's natural to consider income when asking "what career is right for me." While passion is essential, financial stability often influences career decisions. Research typical salaries in your areas of interest and think about your lifestyle needs. Keep in mind that some careers offer growth opportunities and raises over time, so starting salaries don't tell the whole story.

Education and Training Requirements

Some professions require specific degrees, certifications, or apprenticeships. Determine what education path you're willing and able to pursue. If returning to school isn't feasible, look into careers that value experience or offer on-the-job training. Online courses and vocational programs can also provide accessible ways to build new skills.

Job Market Trends and Future Outlook

Evaluating the demand for certain jobs can help ensure long-term career stability. Industries like technology, healthcare, and renewable energy are growing rapidly, while others may be shrinking or evolving due to automation and globalization. Staying informed about labor market trends can guide you toward fields with promising prospects.

Tools and Techniques to Help Discover the Right Career

Career Assessments and Quizzes

Many online tools can provide personalized career suggestions based on your answers to questions about interests, skills, and values. While they shouldn't be the sole determinant, assessments like the Strong Interest Inventory or the Career Key can offer useful starting points.

Informational Interviews and Job Shadowing

Talking to professionals in fields you're curious about can give you a realistic view of what the work entails. Job shadowing allows you to experience a day on the job firsthand, helping you decide if a particular career fits your expectations and personality.

Internships and Volunteer Work

Gaining practical experience through internships or volunteering can be invaluable. Not only do these opportunities build your resume, but they also provide insight into workplace culture and job responsibilities. This hands-on approach can confirm or challenge your assumptions about a career.

Balancing Your Career with Life Goals and Values

When exploring "what career is right for me," it's essential to consider how the job will mesh with your broader life goals. Do you prioritize work-life balance, opportunities for travel, or the ability to work remotely? Are you motivated by helping others, innovation, or financial gain? Aligning your

career with your core values ensures that work feels meaningful and sustainable over the long term.

Assessing Work-Life Balance Preferences

Some careers demand long hours or frequent travel, while others offer predictable schedules and remote work options. Think about your family commitments, hobbies, and health needs. A job that looks perfect on paper might not be right if it compromises your well-being or relationships.

Considering Impact and Purpose

Many people seek careers where they can make a difference. If contributing to society or advancing causes you care about is important, look for roles in nonprofits, education, healthcare, or sustainable business. Purpose-driven work can provide deep satisfaction beyond financial rewards.

Taking Action: Moving Forward with Confidence

After gathering all this information, the next step is to take deliberate action. Create a plan that might include further education, networking, applying for jobs, or exploring side projects related to your interests. Remember, career paths are rarely linear. It's perfectly normal to pivot and evolve as you gain experience and clarity.

Setting Realistic Goals and Milestones

Break down your career exploration into manageable steps. For example, start by researching three potential careers, then reach out to professionals in those fields, followed by enrolling in relevant courses. Tracking progress keeps motivation high.

Embracing Flexibility and Lifelong Learning

The modern job market changes rapidly, so staying adaptable is key. Be open to acquiring new skills, shifting industries, or combining multiple passions into a unique career path. Continuous learning enriches your professional life and keeps you competitive.

Answering the question "what career is right for me" is an ongoing journey rather than a one-time decision. By reflecting honestly on your interests,

strengths, values, and practical needs, and by actively exploring options, you can carve out a career path that not only supports your goals but also brings you joy and fulfillment.

Frequently Asked Questions

How can I identify my strengths and interests to choose the right career?

Start by reflecting on activities you enjoy and tasks you excel at. Consider taking career assessment tests and seeking feedback from friends, family, or mentors to gain insight into your natural strengths and passions.

What role does personality play in determining the right career for me?

Personality influences how you work and interact with others. Understanding your personality type, such as through the Myers-Briggs Type Indicator or Big Five traits, can help identify careers that align with your preferred work environment and tasks.

How important is work-life balance when choosing a career?

Work-life balance is crucial for long-term job satisfaction and mental health. Consider careers that offer flexible hours, reasonable workloads, and align with your lifestyle priorities to ensure a healthy balance.

Should I prioritize salary or job satisfaction when deciding on a career?

Both are important, but prioritizing job satisfaction often leads to greater long-term fulfillment and success. It's ideal to find a career that offers a good balance of fair compensation and personal fulfillment.

How can gaining experience help me decide which career is right for me?

Internships, part-time jobs, volunteering, and job shadowing provide practical insights into different fields. This hands-on experience helps you understand daily responsibilities, workplace culture, and whether a career aligns with your interests and skills.

Additional Resources

****What Career Is Right for Me? An In-Depth Exploration of Finding Your Professional Path****

what career is right for me is a question that resonates deeply with countless individuals at various stages of their lives. Whether you're a recent graduate stepping into the workforce, a mid-career professional contemplating a change, or someone returning to employment after a hiatus, determining the ideal career path can feel overwhelming. This article aims to dissect the multifaceted nature of career decision-making, integrating psychological insights, practical considerations, and actionable strategies to help you navigate this complex landscape.

Understanding the Core Question: What Career Is Right for Me?

The quest to identify the right career is rarely straightforward. It involves a careful balance between personal interests, skills, market demand, and lifestyle preferences. The phrase "what career is right for me" encapsulates not just a search for employment but a pursuit of fulfillment, stability, and growth. Careers today are no longer just about earning a paycheck; they encompass personal identity, values, and long-term aspirations.

One of the first challenges in addressing this question is self-awareness. Without a clear understanding of your own strengths, weaknesses, and motivations, making career decisions can become a hit-or-miss endeavor. According to a 2023 report by the National Career Development Association, individuals who engage in structured self-assessment are 40% more likely to find job satisfaction within two years of employment.

Self-Assessment: The Foundation of Career Choice

Embarking on the career exploration journey requires a deep dive into self-assessment. This process often involves evaluating:

- **Skills and Competencies:** What are your natural talents? What have you been trained in?
- **Interests and Passions:** Which activities or subjects genuinely engage you?
- **Values:** What principles are non-negotiable in your work environment? For example, work-life balance, social impact, or financial security.

- **Personality Traits:** Are you more introverted or extroverted? Do you prefer structured environments or flexibility?

Tools such as the Myers-Briggs Type Indicator (MBTI), Holland Code (RIASEC), and StrengthsFinder provide structured insights that can align your profile with compatible career options. However, these assessments are starting points and should be complemented by real-world exploration.

Market Realities and Career Viability

While personal preferences are paramount, the question “what career is right for me” cannot be divorced from economic and market realities. Labor market data, industry growth projections, and job stability are critical factors in making an informed decision. For instance, data from the U.S. Bureau of Labor Statistics (BLS) projects that healthcare, technology, and renewable energy sectors will experience significant growth through 2030, suggesting robust career opportunities.

Balancing passion with pragmatism often means weighing the pros and cons of various fields:

- **Pros of High-Demand Careers:** Greater job security, competitive salaries, and advancement opportunities.
- **Cons:** May require specialized education or ongoing training.
- **Pros of Passion-Driven Careers:** Higher job satisfaction, intrinsic motivation, and often creative fulfillment.
- **Cons:** Potentially limited job openings or lower initial pay.

Understanding these trade-offs helps refine the search and narrows down options that align with both personal and economic considerations.

Strategies to Discover Your Ideal Career Path

Finding the answer to “what career is right for me” often involves a multi-step strategy that incorporates reflection, research, and practical experience.

1. Research and Exploration

Exploring various fields through reading industry reports, attending career fairs, and engaging with professionals can offer invaluable insights. Informational interviews, for instance, provide firsthand perspectives that go beyond job descriptions and salary statistics.

2. Skill Development and Education

Acquiring new skills or enhancing existing ones can open doors to different career trajectories. Online platforms such as Coursera, Udemy, and LinkedIn Learning offer accessible courses that cater to evolving job market demands. Investing in continuous education is particularly vital in fast-paced industries like technology and finance.

3. Internships and Volunteering

Practical experience allows you to test the waters before making a long-term commitment. Internships and volunteer roles provide a glimpse into the day-to-day realities of certain professions, helping to confirm or reconsider initial assumptions.

4. Professional Career Counseling

Career coaches and counselors utilize a combination of psychological assessments and market insights to guide individuals. Their expertise can be instrumental in clarifying options and building actionable career plans.

Emerging Trends Impacting Career Choices

The dynamic nature of work landscapes means that the answer to “what career is right for me” evolves over time. Several macro trends are shaping this evolution:

- **Remote Work and Flexibility:** Post-pandemic shifts have made flexible work arrangements a priority for many, influencing career decisions.
- **Automation and AI:** Technological advancements are transforming job roles, emphasizing the need for adaptability and lifelong learning.
- **Gig Economy and Freelancing:** More professionals are opting for freelance

or contract work, which offers autonomy but less stability.

- **Sustainability and Social Responsibility:** Increasingly, workers seek careers that contribute positively to environmental and social causes.

These factors must be integrated into any contemporary career decision-making framework.

The Role of Personal Circumstances

Beyond industry and skill considerations, personal circumstances such as geography, family responsibilities, health, and financial needs heavily influence career suitability. For example, someone living in a rural area might prioritize remote or locally available jobs, whereas another might be willing to relocate for optimal opportunities.

Technology as a Career Decision-Making Tool

Digital platforms are revolutionizing how we answer “what career is right for me.” AI-driven career assessment tools analyze a combination of personality traits, skills, and market data to recommend customized career paths. Additionally, job matching algorithms on platforms like LinkedIn and Indeed help visualize viable options based on user profiles.

Balancing Passion and Practicality

One of the most persistent dilemmas in career selection is the tension between following passion and ensuring practical viability. While pursuing a dream job can lead to high satisfaction, it might not always guarantee financial stability or growth opportunities. Conversely, pragmatic choices might yield economic benefits but can result in burnout or disengagement.

The solution lies in a balanced approach that considers:

- Long-term sustainability of the career path
- Opportunities for growth and skill development
- Alignment with core values and interests
- Work environment and organizational culture

Many successful professionals report that careers evolve over time, and initial choices do not have to be permanent. Flexibility and openness to change are crucial attributes in today's labor market.

Conclusion: The Ongoing Journey of Career Discovery

Ultimately, the question "what career is right for me" is less about finding a definitive answer and more about engaging in a continuous process of discovery and adaptation. It requires introspection, external exploration, and responsiveness to changing circumstances. By leveraging a combination of self-assessment, market awareness, practical experience, and professional guidance, individuals can construct meaningful career paths that resonate with their unique profiles and aspirations.

The landscape of work is shifting rapidly, but the pursuit of a fulfilling career remains a timeless endeavor—one that demands curiosity, resilience, and informed decision-making.

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what career is right for me: What Career in the Information Technology Field Is Right for Me? Pasquale De Marco, Are you interested in a career in IT? Do you want to learn more about the different job families, career paths, and educational requirements? If so, then this book is for you! This comprehensive guide will provide you with everything you need to know about the exciting world of IT. You will learn about the different job families within IT, including software development, IT management, cybersecurity, healthcare IT, and more. You will also learn about the career paths and advancement opportunities available in each role, as well as the education and training requirements. In addition to the technical aspects of IT, this book will also cover the creative and innovative side of the field. You will learn about the role of IT in designing and developing software, creating digital media and content, and analyzing data for insights. You will also explore emerging technologies like artificial intelligence, blockchain, and virtual reality, and learn how they are transforming the IT landscape. Whether you are just starting out in your IT career or you are looking to advance your skills, this book will provide you with the knowledge and insights you need to succeed. With its comprehensive coverage of the IT field, this book is an invaluable resource for anyone interested in pursuing a career in this dynamic and rewarding industry. If you like this book, write a review!

what career is right for me: Is a Pharmaceutical Sales Career Right For Me? CARL G. SCHOTT, Ph.D., 2010-09-02 About the Author Carl Schott has successfully navigated three career changes over the past 30 years. His essential vision? Career moves are often possible and even advisable if the new career requires the same GENIUS (according to Webster "the peculiar structure of mind with which an individual is endowed . . .") that brought success in prior endeavors. Driven at an early age to intellectual pursuits, Carl obtained his Ph.D. degree from the University of Notre Dame. During the Vietnam War era he served as an Army Officer, ultimately becoming a Strategic Intelligence Analyst in the Office of the Chief of Staff for Intelligence at the Pentagon. Captivated by

his first experience of leadership and management in the military, he entered the business world in New York City and had a successful career in merchandising and management with Bloomingdale's, Lord & Taylor, and Mitchells. As Store Manager of the prestigious Mitchells of Westport CT, and as Operating Vice-President and Managing Director within the Lord & Taylor system, Carl developed skills that later propelled his pharmaceutical sales and management career. In 1992, after evaluating the costs to their family of continued big city life, Carl and his wife Ilona moved to Pennsylvania in a classic "Green Acres" migration and entered the pharmaceutical industry. Within three years, he became G.D. Searle's National "Rep of the Year" and moved back into Management as a District Sales Manager. Following the merger of Searle with the Pharmacia & Upjohn Company, Carl helped pioneer the position of Regional Staffing Manager. He was responsible for the recruitment, screening and placement of candidates in sales and management positions covering a seven state area and the District of Columbia. In his staffing assignment, he interviewed more than 3000 candidates. Of these, 175 were hired by his company and more than 98% of them were still successful in the field two years later when his company was acquired by Pfizer. Carl then joined Inventivhealth in that company's premier pharmaceutical recruiting organization and in just four years, placed 700 candidates in Florida and Puerto Rico alone. Many of them completed this workbook before interviewing successfully. Carl's passion for helping people navigate through their own "changes" prompted him to form Schott Associates, Inc. In this role, Carl is a servant-leader in the Pharmaceutical recruiting industry, helping candidates and clients realize their professional goals.

what career is right for me: *I Just Lost My Job. Now What?* David L. Blaydes, 2018-03-06 A Wealth of Information David L. Blaydes, author and Certified Financial Planner (CFP®) with a Masters in Financial Planning, offers the recently terminated employee a valuable resource: a must-read guide to financial survival after losing your job. Using road signs as metaphors for navigating the financial bumps in the unemployment road, Blaydes guides you through every stage of financial planning necessary during this stressful period. In *I Just Lost My Job. Now What?* you will learn how to avoid the top ten money management mistakes, where to turn for money when you need it most, and how to reduce your cash flow. Along the way, Blaydes offers tips and guidance while sharing how you can avoid making short-term financial mistakes that could have disastrous long-term financial consequences. David Blaydes is the founder and CEO of Retirement Planners International, Inc., (RPI) and has been successfully engaged in the financial planning industry since 1977. He specializes in working with terminated employees and outplacement firms. He uses his skills and expertise to guide people through stressful financial and emotional times while offering sound financial survival strategies.

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what career is right for me: The AIGA Guide to Careers in Graphic and Communication Design Juliette Cezzar, 2017-10-05 What graphic design is, what designers need to know, and who becomes a designer have all evolved as the computer went from being a tool to also becoming our primary medium for communication. How jobs are advertised and how prospective candidates communicate with prospective employers have changed as well, as has the culture and context for many workplaces, requiring new approaches for how to find your first (and last) position. Through clear prose, a broad survey of contexts where designers find themselves in the present day, and interviews with designers, *The AIGA Guide to Careers in Graphic and Communication Design* is an invaluable resource for finding your place in this quickly changing and growing field. The book

includes interviews with over 40 designers at all levels working in-house and out-of-house in studios, consultancies, or alone, including: Nicholas Blechman, The New Yorker; Rob Giampietro, Google; Njoki Gitahi, IDEO; Hilary Greenbaum, Whitney Museum; Holly Gressley, Vox Media; Cemre Güngör, Facebook; Natasha Jen, Pentagram; Renda Morton, The New York Times; and Alisa Wolfson, Leo Burnett Worldwide.

what career is right for me: *101 Careers in Gerontology* C. Joanne Grabinski, 2007-08-27
Wanted: Gerontology Workers, Gerontological Specialists, and Gerontologists for careers now and into the future. As our population of persons aged 65 and over grows and lives longer through these ages, the need for more practitioners with gerontology-specific training is growing as well. Opportunities for careers in gerontology are everywhere and more are appearing every day, however the increasing number of options in this field makes the task of finding information, mentoring, and jobs more difficult. How do you know if gerontology is right for you and what options for practice are available? *101 Careers in Gerontology* will guide you in your search, providing glimpses into and information about a broad range of options that are gerontology-specific or gerontology-related. This guide is for all levels of job seekers-college or high school students looking to begin careers or paths of study, professionals needing credentials, mid-career job seekers, even guidance counselors or parents looking for help counseling young adults. Types of jobs and where you would work-including areas you may not have considered such as clothing design, anthropology, or law-education requirements for those jobs, practitioner profiles, and emerging job prospects are all outlined to give you the information you need to decide which path in gerontology is right for you. Interviews with practitioners provide insight on what it's like to be starting out in gerontology or to have worked in the field for years, as well as the experience of starting out with a degree versus on-the-job learning. So go ahead, use this book and tweak your interest, spur your imagination, or identify a broader spectrum of career possibilities that might be a good fit for you. Welcome to the exciting, dynamic, and ever-expanding professional world of Gerontology!

what career is right for me: *101 Careers in Counseling* Shannon Hodges, 2012-03-14 This excellent career guide will be valuable for students, young professionals, and those interested in a second career in counseling. --Choice: Current Reviews for Academic Libraries In these challenging times, this book is an essential resource that provides reference material, insights, encouragement and open doors. It may also serve well to remind readers of what their profession is really all about.--Illness, Crisis and Loss This comprehensive and easy-to-use guide is an invaluable resource to help you choose a rewarding counseling career that best suits your interests, strengths, and personality. Exploring a wealth of career opportunities in both traditional and non-traditional settings, including the most exciting emerging fields, this useful reference describes the many benefits found in the work of a professional counselor. Each career listing includes an overview, salary range, employment prospects, best and most challenging aspects of the job, and educational and licensing requirements. In addition, the book helps guide you through financing your education and the job search process. As a special feature, chapters include profiles of actual counselors and their work, providing an insightful insider's perspective on their profession. Key Features: Explores 101 counseling careers, including careers in non-traditional and emerging fields Offers helpful career development tools such as checklists and questionnaires Includes salary range, employment prospects, and best and worst aspects of each job Provides guidance on educational requirements, licensure, and continuing education Highlights and profiles real-life counselors and their experiences

what career is right for me: *The 5 Levels of Leadership* John C. Maxwell, 2011-10-04 Use this helpful book to learn about the leadership tools to fuel success, grow your team, and become the visionary you were meant to be. True leadership isn't a matter of having a certain job or title. In fact, being chosen for a position is only the first of the five levels every effective leader achieves. To become more than the boss people follow only because they are required to, you have to master the ability to invest in people and inspire them. To grow further in your role, you must achieve results and build a team that produces. You need to help people to develop their skills to become leaders in

their own right. And if you have the skill and dedication, you can reach the pinnacle of leadership—where experience will allow you to extend your influence beyond your immediate reach and time for the benefit of others. The 5 Levels of Leadership are: 1. Position—People follow because they have to. 2. Permission—People follow because they want to. 3. Production—People follow because of what you have done for the organization. 4. People Development—People follow because of what you have done for them personally. 5. Pinnacle—People follow because of who you are and what you represent. Through humor, in-depth insight, and examples, internationally recognized leadership expert John C. Maxwell describes each of these stages of leadership. He shows you how to master each level and rise up to the next to become a more influential, respected, and successful leader.

what career is right for me: Sort Your Career Out Shelley Johnson, Glen James, 2023-01-26 The best investment you can make is in yourself and your career Sort Your Career Out: And Make More Money is your go-to guide for building a career that you love. Dream jobs don't just come along: you need to make them happen. And this is the book that will show you how, from creating the ultimate career strategy to getting paid what you're really worth. (Hint: It's not just about changing the font on your resume!) With tips and guidance from two of today's top money and career experts, you'll learn how to change jobs, secure a promotion, ask for a pay rise and much, much more. Whether you're preparing for a job interview or you're looking to make a radical change, Sort Your Career Out has the smart advice you need for earning more and winning at work. Inside you'll find practical activities that will help boost your bankability and take you further, faster. Along the way, you'll also follow diverse case studies from real employees: people who have been there, done that, and figured out the way forward. Sort Your Career Out: And Make More Money unpacks everything you need to: Establish your career mindset: define your purpose and unlock your skills and strengths Set concrete goals and create new opportunities for yourself Upskill with essential tips and templates for resumes, cover letters, interviews, networking, and more Know when to take risks and how to handle setbacks like burnout and unemployment It's time to discover more career flexibility and achieve your long-term goals. With this must-read handbook, you'll be ready to move up, move on, and feel more fulfilled with what you do every day.

what career is right for me: Spacelab Payloads Michael E. Haddad, David J. Shayler, 2022-01-22 Spacelab was a reusable laboratory facility that was flown on the Space Shuttle from 1983 to 1998. Completing 22 major missions and contributing to many other NASA goals, Spacelab stands as one of the Shuttle program's most resounding successes. The system comprised multiple components, including a pressurized laboratory module, unpressurized carrier pallets and other related hardware, all housed in the Shuttle's Payload Bay and crew compartment. But how did all those varied components actually come together? The answer is the little-known "Level-IV", a team of managers and engineers who molded separate elements of hardware into cohesive and safe payloads. Without the dedication and drive of the Level-IV team, the huge successes of the Spacelab missions would not have been achieved. This is their story. You will learn herein how Level-IV was formed, who was involved, and the accomplishments, setbacks and problems faced along the way, in a story that blends both the professional and personal sides of Level-IV operations and its legacy. Upon reading this book, you will gain a new appreciation for this crucial team and understand what is meant when you hear the term "Level-IV".

what career is right for me: A Global Perspective on Women in Leadership and Work-Family Integration Kerri Cissna-Heath, Margaret J. Weber, 2020-01-17 There are countless books on the market that address the personal challenges and institutional barriers that ambitious female leaders face in the United States. This volume furthers the conversation by comparing the experiences of women in leadership with regards to work-life balance from eight different countries around the globe. Collecting stories from women in the United States, Costa Rica, India, Iran, Nigeria, Norway, Sri Lanka, and Uganda, this volume provides insights into the issues women face globally regarding leadership and work-family integration. It offers a variety of perspectives from around the world, and highlights a variety of cultural norms regarding work and family integration.

what career is right for me: Be Your Own Change Guru: The Ultimate Women's Guide for Thriving at Midlife Susan Paget, 2014-01-13 When Susan Paget was 47 years old, she realized that even though she was reasonably healthy, had a happy family life and a career as a television producer - something wasn't right. Unable to sleep, having panic attacks and all around feeling lousy, her own doctors weren't able to get to the bottom of what was going on. It took watching a daytime talk show for Susan to work out that she was smack in the middle of perimenopause - the lead up to menopause. Susan soon discovered a strange code of silence around this natural process and took off on a mission to discover what was happening, how to take charge and feel good during this key time of life. *Be Your Own Change Guru - The Ultimate Women's Guide For Thriving At Midlife* is a step by step guide for making change, specifically for women over 40. The book addresses common midlife challenges including relationship issues, career transition, body image, finding life purpose and facing empty nest and fertility issues while at the same time, weaving Susan's personal journey throughout.

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what career is right for me: Will You Still Need Me? Angela Brownemiller Ph.D., 2010-04-09 This insightful and moving book looks at how people of various ages view the process of aging and the social and emotional perspectives it evokes. *Will You Still Need Me?: Feeling Wanted, Loved, and Meaningful as We Age* is a touching and incisive book organized around interviews with individuals of various ages who have responded to questions about aging. The interviewees offer their unguarded thoughts about aging with a significant other—or alone. They reveal their self-perceptions, their feelings about the future, their self-image as it relates to aging, and their expectations and impressions of aging itself. They also share their concerns that with aging comes not only possible loneliness, but also meaninglessness and even uselessness. Psychotherapist Angela Browne-Miller weaves the findings into a philosophical, research-based overview of cross-generational concerns and feelings about aging. Her book opens a window into the hearts and minds of our parents, our peers, and our children as they look at the aging process and at how individuals, society, and families treat aging. Through the sensitive, up-close-and-personal, bird's-eye view of the people interviewed for this book, aging unfolds into a deeply moving experience, one we all share.

what career is right for me: Unapologetically Ambitious Shellye Archambeau, 2020-10-06
Named a Best Business Book of 2020 by Fortune and Bloomberg Full of empowering wisdom from one of Silicon Valley's first female African American CEOs, this inspiring leadership book offers a

blueprint for how to achieve your personal and professional goals. Shellye Archambeau recounts how she overcame the challenges she faced as a young black woman, wife, and mother, managing her personal and professional responsibilities while climbing the ranks at IBM and subsequently in her roles as CEO. Through the busts and booms of Silicon Valley in the early 2000s, this bold and inspiring book details the risks she took and the strategies she engaged to steer her family, her career, and her company MetricStream toward success. Through her journey, Shellye discovered that ambition alone is not enough to achieve success. Here, she shares the practical strategies, tools, and approaches readers can employ right now, including concrete steps to most effectively:

Dismantle impostor syndrome Capitalize on the power of planning Take risks Developing financial literacy Build your network Establish your reputation Take charge of your career Integrate work, marriage, parenthood, and self-care Each chapter lays out key takeaways and actions to increase the odds of achieving your personal and professional goals. With relatable personal stories that ground her advice in the real world and a foreword by leading venture capitalist and New York Times bestselling author Ben Horowitz, *Unapologetically Ambitious* invites readers to move beyond the solely supportive roles others expect them to fill, to learn how to carefully tread the thin line between assertive and aggressive, and to give themselves permission to strive for the top. Make no apologies for the height of your ambitions. Shellye Archambeau will show you how.

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