

Career Change Blockers

The most difficult thing is the decision to act, the rest is merely tenacity.
-Amelia Earhart-

When embarking on a job or career change it is more common than not for people to experience blockers or constraints that can potentially impede the process of making a successful transition. Through identifying what these are early on in the process, you can work to implement strategies to manage or even prevent these from occurring. It is important to remember that constraints or blockers can be real or perceived!

How Much Of A Barrier Is It (tick)			
Blocker Type	Definitely	Maybe	Not At All
Office politics limit my career opportunities			
My family's attitudes towards my career goals			
Lack of transferable skills into a desired new field			
I may not cope with the pressure & stress of making a career change			
Having my own business seems to be too risky			
Unsure if the right job for me does really exist			
Fear of conducting 'informational interviews' for researching career options			
I don't feel comfortable selling myself to others			
The stage of life I am at			
Not having clear career goals			
Having to decide between appealing career options			

How Much Of A Barrier Is It (tick)			
Blocker Type	Definitely	Maybe	Not At All
I am afraid of doing what feels right for me			
I am not confident with networking			
I have a lot to offer prospective employers however feel like a 'job beggar'			
Unsure if the right job for me does really exist			
I don't feel comfortable speaking about my achievements			
It is my employers responsibility to manage my career			
I am not good at expressing myself			
I don't feel confident in my judgment doing self-assessment exercises			
I would like to be adventurous however I am afraid of risk taking			
My financial commitments			
My health			
My qualifications would be wasted if I changed career			
The status of my current job is difficult to leave			
How to write a resume that depicts my transferrable skills			
Complete lack of confidence			
Conflict of the needs between work and home life			
Previous job loss not through choice			
Others....			

Document below what you believe to be your real potential blockers. Prioritise the blockers in order of significance.

Priority Rating	Blocker Type	Potential Strategies to Manage The Blocker