

3 CAREER MYTHS HOLDING YOU BACK

*& HOW YOU CAN BUST THEM TO REALISE
YOUR FULL POTENTIAL*

Insights from


CHANGE AGENTS²



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UNHAPPINESS AT WORK IS A MODERN DAY EPIDEMIC

Being desperately unhappy at work is at epidemic proportions, with one in two of us feeling undervalued and underpaid. It's become so commonplace that many people have given up on ever finding happiness in their career.

But it doesn't have to be like that. Once you were full of ideas of how you could change the world, loved Monday mornings and got a buzz out of what you did. Yet little by little your energy and passion has been whittled away.

When I started working, my parents had very low expectations of me, as it reflected the limitations of their own lives. Work was something you did, not what you enjoyed. I've had great jobs, I've had terrible jobs. I've had great bosses and I've had terrible bosses. I've been employed and I've followed the entrepreneurial path. I know the struggles of being in the wrong job, working with the wrong people and not tapping in to your brilliance.

Perhaps you are held back from doing something you love, because you have never quite believed you could do it.

Let's look at the myths and how they might be stopping you from breaking through to your dream career.



CAREER MYTH #1 - I'M ONLY AS GOOD AS MY LAST PAYCHECK

So many of us believe that what we get in terms of our current role is what we are worth. Well here's the thing. If you bring a unique antique to a car boot sale, you are only going to get the hawkers making a bargain basement offer for your priceless piece. It's the same with our career, unless we take our uniqueness to the right place where it is a good match, we are unlikely to find our worth is recognised.

Ask yourself - is this employer someone who values me? Is this an organisation that I want to continue investing my life in? If you are feeling overlooked and underpaid, perhaps you need to widen your horizons.

When I started working with Sarah, she had been with her current employer for over 5 years, but was constantly overlooked for promotion. Her confidence was rock bottom and she believed that there was no point looking for other jobs, as everyone would view her the same way. She needed a reboot of her mindset, her image and her profile. By reclaiming her value she landed a significant promotion in a great organisation.

If myth #1 sounds familiar, perhaps you think to yourself:

- I don't apply for better roles because I have a fear of *not being good enough*
- It feels easier to stay inside my comfort zone. It might suck in my current job, but better the devil I know.
- What's the point of applying for other roles (internally or externally) my skills aren't that special. Lots of people can do what I do.

Try this

- To bust this myth you need to work on your limiting beliefs. Your current mindset is not serving you and is encouraging you to play small. A practical way that you can do this is by learning about the value that is placed on your skills.
- Start by listing all of the skills you have for the job you do and all the jobs that you have done in the past.
- Then start to look around at the roles that are available in other organisations. Speak to a few head hunters and ask recruiters what type of roles are out there based on your current expertise and skills. Start to understand the market and the value that is placed on your skills by other organisations.

MYTH #2 – IT'S NOT ME, IT'S THE ECONOMY

The economy is wholly reliant on the efforts of individuals. If we stop believing that we can be better, than we are saying that the economy equally cannot improve. Yet it is only through ambition, belief and vision that improvements come, whether at the individual level or as a collective. Your unique skills are part of the solution, not the problem, so don't allow the economy's current health to determine your actions.

When Lorna contacted me, she had been posted to a job in another European country and was very unhappy. The recession was biting hard and she felt unable to ask for a transfer back to her home country for fear of losing her job. We worked on her long term goals and what she wanted to achieve in her life. By taking the long view, Lorna was able to find the energy and motivation to see beyond her fears. Within three months she had negotiated a return home with a promotion to a manager role.

If myth #2 sounds familiar, perhaps you think to yourself:

- I don't like my job, but there are many people without a job so I should be grateful for what I have.
- I accept my employer hasn't given me a pay rise for [insert what's true for you], but it's tough for everyone out there.
- There won't be any good employers hiring right now so there's no point looking.

Try this

- Busting this myth you need to start recognising and owning your uniqueness. If this is something you find hard, reach out to some of the people who know you and your work. Ask them for three examples of where you excel at work and why. Build a picture of yourself through the eyes of others. This will help you to build your confidence about your skills.
- You might consider working with a coach to help you to build a strengths profile to understand how you can use your brilliance to make your next career move.

MYTH #3 – BEING AN ENTREPRENEUR IS PIE IN THE SKY, I CAN'T LEAVE A SECURE JOB FOR THAT

There may be lots of people out there, but none of them are you. In our modern world, we tend to shy away from seeing ourselves as unique, when in fact it is the one thing that allows us to stand out from the crowd. Your experiences, ideas, ways of seeing the world make you stand out. Employers and clients don't want a collection of skills and experiences. They want someone who cares about what they do and will do it with passion. Years of experience won't guarantee that, but your motivation, ideas and creativity will. So, let your unique voice shine through.

Paul had been working as a teacher for 30 years, but was unhappy. His heart was no longer in his work, and he wanted to do something different, but he had a family to support. After spending time understanding what he felt passionate about, Paul identified his niche as a 'safety in education' adviser. Over a period of months, a transition plan was developed to allow him to build the life and freedom he so desperately sought.

If myth #3 sounds familiar, perhaps you think to yourself:

- I can't possibly go out on my own, I'm just not the entrepreneurial kind.
- I can't leave a well paid job for something that is untried and untested. That is too scary.
- My family depend on me to bring in the money. I cannot risk that.

Try this

- You need to be practical. Leaving a well paid job and jumping into the unknown is scary, but you can lessen the shock by building a transition plan and getting a good grip on your finances. Perhaps aim to spend 15 - 20% less over a period of time (ruthlessly cutting out non-essentials) to build up a freedom pot to lessen the financial shock.
- Identify your values, passions and interests. These are the things that will drive you forward as an entrepreneur. Coaching can help you to understand your career anchors so you can align them with the business ideas that you develop.
- An Exit strategy and transition plan enables you to leave on your own terms. Well-paced structured support will help you to build out your vision and plan your future carefully. Whilst it may feel risky at first, with the right support from a professional and a well thought out plan, you can achieve anything.

WORK AND HAPPINESS CAN CO-EXIST

As you review your current career and how well this serves you, check in with your own beliefs and mindset. Do these myths resonate with you? Do you have some roadblocks that are stopping you from finding the career you love? I believe with the right support you can take your career in any direction you want! You can transform your career into the life affirming adventure you want and get paid for your unique skills.

ABOUT MARY

Mary McGuire knows what it takes to build a successful career that allows you the freedom to express your inner talents and passions. Despite leaving school with no qualifications, she found her niche working with people and carved out two successful careers.



Her first career was in Social Work where she rose quickly to become a Chief Executive of an Autism charity. Later she moved on to corporate work, becoming a transformation consultant for global companies where she is in constant demand for her unique blend of insight, structure and intuitive guidance.

Professional Women's Playbook is in response to the many women who feel that their career has plateaued way too early and are frustrated at not achieving career progression. Mary understands that we are each unique and blends her extensive business skills with intuitive insights to gently bring you on a journey of self discovery that can open a path to your dreams. Founder of Agents2Change, a transformation Consultancy, Find Your Joyful Life an inspirational website and author of Coming Home to You - a self-help manual for personal change.

If you feel ready to tackle the blocks in your career, I'd be delighted to help you. **Book a [free career breakthrough session](#) with me.**

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In this session we'll discover how these myths are holding you back and the one thing you can do to make a career breakthrough