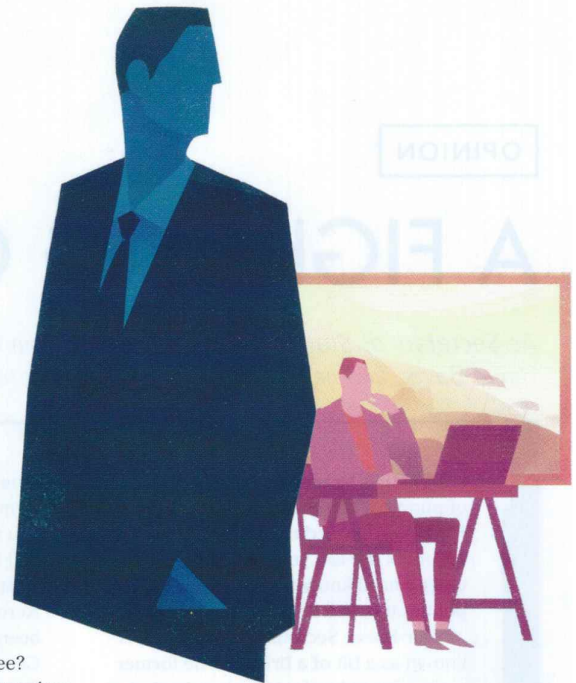


OPINION

SHOULD I STAY OR SHOULD I GO?

Feeling jaded by your career in the City? **HANS SCHUMANN** suggests ways you can be sure that it's still for you, and what to do if it's not



NOW BONUSES HAVE been paid out, many in the City will be asking if it's time to look for a new job, or even an entirely new career.

Working in the City has its thrills and rewards: great salaries, status and a stimulating environment. Yet it also has its challenges. Many people I speak to have a nagging question about whether their current job really is all life holds for them.

The City has always provided a stressful environment, and the stakes have increased over the last ten years. Following the financial crisis, constant cost-cutting and political instability have brought greater demands on organisations and employees. In particular, in the financial services industry, there has been an ever-increasing amount of regulation, red tape and personal liability for senior executives that can be disheartening.

With work taking over your life, you may be asking yourself whether it's worth

WHAT IS MOST IMPORTANT TO YOU?

Imagine you are 100 years old and look back at your life with gratitude and fulfilment. You had a great innings. What would you see?

Maybe you would see yourself creating a company; inspiring people; spending time with loved ones; pursuing a spiritual journey; travelling; creating a legacy.

The answers will guide you in deciding the direction of your career and life.

WHAT IS YOUR MISSION IN LIFE?

Create a personal mission statement, in which you define what you want to devote their life to. It should provide you with a sense of purpose and direction, and also help you set the right priorities. What do you want the rest of your life to be about?

WHAT ENERGISES AND INSPIRES YOU?

Since you spend most of your adult life

pursue them. This may require some creative thinking and maybe an adjustment to your role. If you don't think that's possible in your current job, you may indeed be better off finding a new one.

WHAT DOES A HEALTHY LIFE BALANCE LOOK LIKE?

Even if you have a job you love, you probably still want to maintain a balance with other areas in your life. Write down all those that are important to you, such as your family, friends, community, fitness or relationship. Rank them by priority.

What would a perfect balance between them look like in practice? Be specific, for example: I wouldn't work on weekends; I want to see friends at least twice a week, or I want to have two holidays each year.

Consider the risks of neglecting your personal needs: resentment, frustration, breakdown of relationships, mood swings and even depression or illness.

BRINGING IT ALL TOGETHER

Once you have answers to the above questions, you will have a great benchmark for your next career decision. Does your current job already allow you to live the way you really want to? If not what adjustments can you make? Or is it indeed time to move on? You only live once. Make sure you make the most of it. ■

Hans Schumann is author of *Falling in Love with Your Job – How to create more fulfilment and excitement in your career*, available on Amazon. For more information see HANSCHUMANN.COM or LOVEYOURJOBBOOK.COM

IF YOU DON'T ENJOY YOUR CURRENT JOB, EXPLORE WHAT YOU LOVE DOING MOST. LOOK FOR THE THINGS THAT MEAN A LOT TO YOU

all the trouble. One executive director told me that he was beginning to think there must be easier and more rewarding ways of earning a living than in banking.

Yet what are your options? Would the grass really be greener working for another company? Would you be brave enough to start all over again in another career – or even set up your own business?

Here is my advice: do not do anything until you have thought about answers to the following questions...

at work, it's best to have a career that inspires and energises you.

If you don't enjoy your current job, I suggest exploring what activities you love doing most; for example, writing articles, researching, analysing data, campaigning for political change or lobbying for environmental issues. Look for things that mean so much to you that you'd do them even if you weren't paid.

Once you know what they are, consider how your current job can allow you to