

REVITALIZE MY CAREER

DIGITAL YOUTH MAGAZINE



By Roxanne Pillay



Happy New Year to all Salt career column readers. Wishing you everything of the very best this year! Here is to new jobs, promotions, new businesses, and all the success in this world of great opportunity!

Most people smirk at the common adage “new year, new me” but we are all indoctrinated to think along those lines at this time of year. It is a fresh start, an opportunity to do better and to be better.

Being a new year what can we do to get one step closer in achieving that. Sometimes in your career, you need to refresh the old and start anew. Take some time to self-reflect and adapting a positive outlook can make all the difference:

Review the past accomplishments and set goals for the future.

It is always a good time to take stock of where you are in your career. Now is a great time to assess your current situation, especially if you're ready but not sure how to make your next move. Set new goals or reflect on ones already established and start tracking your progress.

Update your online presence.

Take a fresh look at your online profiles and make sure they're up-to-date and truly reflect where you are in your career.

Add things like links to your portfolios, presentations, or articles that you wrote or appeared in, to demonstrate your great work. Perhaps your personal brand needs some attention?

Refresh the old resume/cv.

Resume editing, even if you're not actively looking for a new job opportunity. Its important to do updates on a regular basis. You never know when a new opportunity will come along, and it's always good to have your materials ready.

It also takes effort to create something that captures your full set of accomplishments and responsibilities.



Polish your skills or learn something new.

Signing up for a professional development course is an ideal way to brush up on skills and learn about other career options without having to officially shift gears. If your goal is to advance in your current role, learn what takes it get the promotion you want.

View courses you can take to boost your skill set, or try something new across numerous industries.

Reinvigorate your professional support system.

Everyone needs a board of advisors in whatever capacity a trusted inner circle of peers or family members that has your best interests at heart. As you refresh and review your goals for this year, ask yourself: when did you last speak to your mentor?

Have you identified who your connectors are? Maybe it's time to meet some new people in your industry or beyond.

Get expert advice if you're feeling stuck.

Sometimes it's a challenge figuring out your next step: what do I want to do next? How am I going to get there? A career coach can help you with issues like:

Brainstorming options for a specific career decision, helping you clarify goals, holding you accountable for executing tasks to achieve your goals, and even bringing more awareness about your thought patterns and behaviour –and how well these habits serve you.

All that is need here is a first step - nothing elaborate, nothing even time consuming. A first step can be anything from switching on your computer or picking up the phone to speak to a friend for advice.

**This decision ultimately lies in your hands - by yourself, for yourself.
It is not just about self-preservation anymore – it is about self-elevation!**