

# I Want to Do Something Else, But I'm Not Sure What It Is



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出版者:Natl Book Network

出版时间:2004-11

装帧:Pap

isbn:9781570232169

A job or career should not be a life sentence. You should have the freedom to choose what you want to do, where, and with whom. The power to do so lies within you. But you first need to know what you do well and enjoy doing and then target a job that's fit for you. That's the central message of this revealing self-assessment and job search book. It addresses a growing phenomenon: more and more people are interested in doing something else with their lives. While they may not be unhappy with their current job, they often feel less than challenged and frequently over-stressed doing things that seem to have little purpose in their lives. Many would rather be doing something more meaningful, but they are not sure what it is. Some look for a magic bullet, usually a test, that might unlock the secrets to renewed career satisfaction. Two of America's leading career experts address these and many other important career issues. Examining the entire career exploration process, they outline proven strategies for discovering ones strengths and relating their values to new jobs and careers. The book: examines and critiques different self-assessment approaches; identifies major interest, skill, aptitude, and temperament tests; reviews the promises and pitfalls of using career services; surveys key career assessment resources, both online and offline; summarises the best jobs for the future; shows how to identify skills, abilities, interests, and values; analyses motivated abilities and skills (MAS); reveals how to formulate a powerful employer-centred objective. A special chapter relates self-assessment information to the whole job search process, with special emphasis on resumes, networking, interviews, attitudes, ethics, and implementation. The perfect resource for anyone contemplating a job or career change related to their most important interests, skills, and values.

作者介绍:

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