

Planning for a Happy and Enjoyable Career / Business

Every year, around the middle of August til the middle of September, people in North America are experiencing joy, happiness, nervousness, uncertainty, hope, anticipation and of course - stress.

While many people are enjoying their last bit of summer, trying to squeeze in a little more sun or vacation time with their family or friends, a lot of people are in the stages of trying to figure out what they should do this coming September, for the next year and for that matter the next stage of their lives.

For a lot of people, they have found their passion – they know what they love and they are very excited to continue in their schooling at college or university. Tonight, at a Starbucks, I overheard some of these people discuss with their friends at a local Starbucks, the upcoming semester and their plans after they finish their upcoming year. They sounded excited to know that they are on the pathway to reaching their goals. They were happy to share with their friends that they are working towards something that inspires them.

At another table nearby, I heard another group of people, commiserating about the work that they do and how it does not bring them happiness. They were complaining about their work, their bosses, colleagues and the responsibilities that they were required to do.

We all want to find happiness – not only in our personal lives, but also in our careers. We want this, not only for ourselves, but also for our children, family and friends.

As the end of the summer approaches and you, members of your family and friends, begin to plan for work in a field that you or they enjoy, step back and think how you (or they) can reach your / their goals. Think consider how you can start this September off right – in the right direction.

Who can help in planning for your/their careers?

What are the necessary steps that you or them need to do to reach your/their goals?

What supports will you or they need?

How can you manage the various situations that may be happening at the work place – in dealing with colleagues, managers, employees, or clients?

All of us need support whether, we are starting on our personal journey for a new career or we are already actively involved in our businesses or careers.

Get the support you need. Brian Epstein's Coaching services can help. Check out www.epsteinsuccesscoach.ca.