

# WHAT HAPPENED TO MY CAREER? Top careers/working lives expert available for comment

Submitted by: Sue Blake Media

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WHAT HAPPENED TO MY CAREER?

HOW TO GET A JOB YOU'LL LOVE – NEW 2011/12 EDITION OF THE UK'S BEST-SELLING CAREERS TITLE PROVIDES THE ANSWERS

July 2010 - "What happened to my career?", "Should I be looking for a new job?", "I want to love the job I've got, but how?" or "I want to do something different, but I don't know what it is" are thoughts many of us have, especially on Monday morning when we're either stuck, struggling or bored with our job. What are the best ways to find a job that feels worth getting up in the morning for? In *How to Get a Job You'll Love* (6th Edition, September 2010, McGraw-Hill, £14.99), John Lees, the UK's leading career transition expert, will provide the answers to all these questions and provides insights and advice matched to today's rapidly changing jobs market – whatever your age, or the stage of your career.

"While the UK jobs market over the past two years has been the toughest since the '80s, we can all arm ourselves with the best tools and strategies to help us find a new job, switch career, or love the job we've already got by adjusting the aspects we find least rewarding. It's all about working smarter when making career and job search decisions, and actively seeking out work that matches who you are," says John "Playing the job search by lottery rules is a common mistake people make. Shifting to proactive strategies, for example meeting people rather than relying on the internet, will make a massive difference to your career plans."

So whether you're feeling 'stuck' and looking for new challenges, wondering 'what do I want to do?'; if you're planning the next stage of your career; facing redundancy, have been made redundant or asking 'what next?' after leaving full-time education, seeking work after bringing up a family; unemployed and looking for better ways of identifying opportunities; feeling discouraged because you believe you have little to offer the labour market, or are thinking of making a complete career change, *How to Get a Job You'll Love* offers key support and advice to help you make the best career decisions. It will show you how to avoid the all too common mistakes people make when launching themselves into the job market. This is a career coaching programme in a single volume which will turn your approach to finding a job on its head - schedule time to work through the book with its exercises and checklists, and you will start to see very different results in your career planning.

Packed full of new material as well as updates on popular features, the latest edition of this best-selling guide includes *What Happened to My Career?* and reviews how we make career decisions in a

market dominated by redundancies and downsizing, and the ways we continue to get in the way of our success, plus a brand new exercise – The Path Not Taken, which looks at the career paths you might have taken in the past to provide clues about future choices.

Also new is What Kind of Work Would Suit You Best?, What About a Complete Change of Career? – key chapters which help answer the question ‘how do I find my ideal career?’, including clear directions on the first steps you should take if you want to do something very different, supplemented by a brand new exercise on personal values.

Checklists appear at the end of the book looking at self-employment, interview and tips for older workers, and the section People Who Have Transformed Their Careers contains new case studies on the experiences of actual career changers.

John’s Guide to using the book:

1. Begin by asking the question What Happened to My Career? in Chapter 1 – take a sideways look at what has happened to the way we think about work in post-recessionary times. Then, take a fresh look in Chapter 2 at your career problems – what’s preventing you from getting a job you’ll love? Chapter 3 is written specially for those who will shortly be graduating or leaving full-time education: Where Next After Finishing Your Studies?

2. Before we move into the central section on working out your ideal career, Chapter 4 invites you to begin using creative strategies to revive your career by Thinking Around Corners. Then Chapters 5–8 offer you a step-by-step guide towards a deeper understanding of your career drivers, your chosen areas of knowledge, your preferred and hidden skills, and the key aspects of personality that will shape your career.

3. Next, some highly practical aids to achieving your goals – Chapter 11 offers a comprehensive range of Creative Job Search Strategies, and Chapter 12 is a brand new chapter which asks the question Can I find a job using social media? Chapter 13, Interviews and How to Survive Them, does exactly what it says on the tin.

4. You’ll find some unique tools to help you along your way, including Chapter 10, What About a Complete Change of Career? the House of Knowledge (Chapter 6) – an innovative exercise to capture the things you have chosen to know about, the Field Generator – a ground-breaking tool to generate potential fields of work (in Chapter 9), plus supporting exercises including skill clips (Chapter 7) and a revised version of the popular Time Balance exercise (Chapter 14).

5. Career development is about much more than job search, so in Chapter 14 you will find help to love the job you’ve got – tips for renegotiating your present or future job from within, and making the best of your future career. Chapter 15 explores how you might look at a portfolio career now or in the future, and also explores the possibility of a career break.

6. Chapter 16 is the first step in putting things into practice, advising you how to find a careers consultant. Chapter 16, Beginning it Here is a five-point plan to begin to transform your career. The book finishes with practical checklists covering everything from CV design to online job applications.

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About The Author: John Lees is an international thought-leader on careers, working lives and career transition. He is author of Career Reboot: 24 Tips for Tough Times, Take Control of Your Career, Job Interviews: Top Answers to tough Questions and Why YOU? CV Messages to Win Jobs. John has coached clients from a huge range of organisations including Aviva, British Aerospace, United Utilities and The British Council, and he has coached thousands of career changers, particularly those who have had no idea what they want to do next in their careers. John's expertise and comment has appeared in The Sunday Times, The Times, The Independent, Guardian, Daily Mail Career Mail, Daily Express Careers, The Sun, Management Today, Coaching at Work, Personnel Today, Psychologies, People Management, Cosmopolitan, RED, Company, Marie Claire and Woman & Home. He was co-presenter on BBC's Live & Learn 'Back to Work' programme, has appeared on ITN, many radio programmes and was a featured careers expert in Channel 4 Dispatches Programme. [www.johnleescareers.com](http://www.johnleescareers.com). Follow John on Twitter - @JohnLeesCareers

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