

Why you should get a career coach

There's so much emphasis placed on our careers, from the day we go to school right up until we (may) graduate University. Everything has led to what job we'll end up getting and rightly so. We won't feed you the whole "experience over money" mantra, because a job is an experience – one which can inspire you, teach you, open you up to a world of opportunities, meet new people and, ultimately, allow you to live a happy life. Of course, what job you have doesn't define you but an exciting career that you love will benefit your life in so many ways. Here are ways in which a career coach help you incalculably.

They'll make your path more clear

Your path in life isn't always clear and applying for jobs (in an attempt to clear some obstacles from said path) can feel like such a tedious process – how are we supposed to get experience if nobody will hire us without experience? Sometimes the case is that you genuinely don't know what you want – which is where a career coach will jump in. A career advisor will not only help you reach all your work-related goals in life but will help you define what those very goals are in the first place.

They offer individual advice

A career coach will give you personalised advice too, which is more important than you could ever imagine. The road to success isn't just one straight line, there's so many different routes, or in simpler terms, one size doesn't fit all. A career coach will recognise what your hidden talents are instead of just focusing on your professional platitudes, giving you individual advice for your unique, undercover strengths and skills, which you probably didn't even realise would help you excel in your career.

They encourage creative freedom

A career coach will also give you that much desired creative room to breathe and experiment too. Like, you might have one idea set in stone about what you want to do in life, probably manifesting from all those years of being asked "what do you want to be when your older?", "what do you plan to do after college?", "where do you see yourself in 2 years?". Basically we're programmed to believe that a set plan is what we need to succeed which just isn't the case. A career adviser will give you that much needed chance to experiment with your ideas, without it being too high risk. During your time with a coach, you'll be able to really voice your concepts which may even make you realise that you weren't working towards what you really wanted to in the first place.

You can't hide away from the job hunt

The best thing about a career coach is that you can't hide. The job hunt or work life can make you want to lock yourself away in a dark room for the foreseeable future, and a career counsellor will stop you from doing that. You receive the most amazing, proactive kind of help with every aspect of work life from your CV, sticky work situations, career freezes and management help. In short, their job is to make your work life a more fulfilling, exciting and focused journey – giving you a new-found confidence to become the successful person you always knew you could be.