

Finding Work That Works For You

with Tessa West

How to have a healthier relationship with your career?

Work and life are deeply connected in our modern workplace and sometimes it's difficult to keep a clear boundary between our professional and personal identities. Dr Tessa West thinks this is why it can be difficult and painful when we experience a career change, it's almost like going through a break-up! Read on for our top tips for staying in a healthy relationship with your career.

Top 3 Takeaways

Power of Reflection

Regular reflection on your career is so important. Schedule regular check-ins on your energy levels, values and future goals. Sometimes we're going to feel ambivalent or even unhappy, and reflection can help us work out exactly what's wrong and see if we can salvage the relationship before leaving.

The Full Stop

If you are making a career change, it can be really scary to tell others you're leaving your job. Remember that other people don't need to know everything and it's okay to say 'I'm taking some time to work out what's next.'

Human Skills For All

Every job involves human skills, so it's important no matter what we do to invest in them. This includes improving communication, seeking feedback, self-reflection, conflict management and understanding how others perceive us.

Learn More

Think

- 💡 About how much you want your personal identity to be your professional identity?

Read

- ★ Tessa's book Job Therapy - Finding Work That Works For You.



Act

- 📋 Take Tessa's quiz - What Type of Career Goer Are You?
- 📋 Start dating yourself - reflect on your well-being, job alignment, energy, and future plans regularly to enhance self-awareness and confidence.

Listen



Unlock this Pod Sum Up by listening to Tessa's Interview.



My Next Steps



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