

# How to fall in love with your career AGAIN!

It's that time of year when the grass always seems greener on the other side. You've had the festive season to reflect, and now you feel it's time to change things up. But what happens if you can't change your job? Is it possible to fall back in love with your career?

According to career and management coach Hannah McNamara, "After the honeymoon period is over and your exciting career opportunity has turned into a 'job', it is possible to rekindle that love affair you once had with it."

## You have to think of your career like a relationship.

And like any relationship, you have to work at it. Do you write off a new partner if they burped in front of you on your first date? It's the same with the job – you'd have known if your job wasn't really going to work for you when you went to the interview.

## Taking the job is a little like moving in together:

you see people at their best and at their worst. You get to find out who's tidy and who's messy. In a romantic relationship, you'd have a chat with that person and tell them the impact their grumpiness or untidiness is having on you. So, what stops us talking to colleagues about this? We spend more time with our colleagues than with our partner, best friend or family, so it stands to reason we should put effort into working on the relationships we have with the people at work.

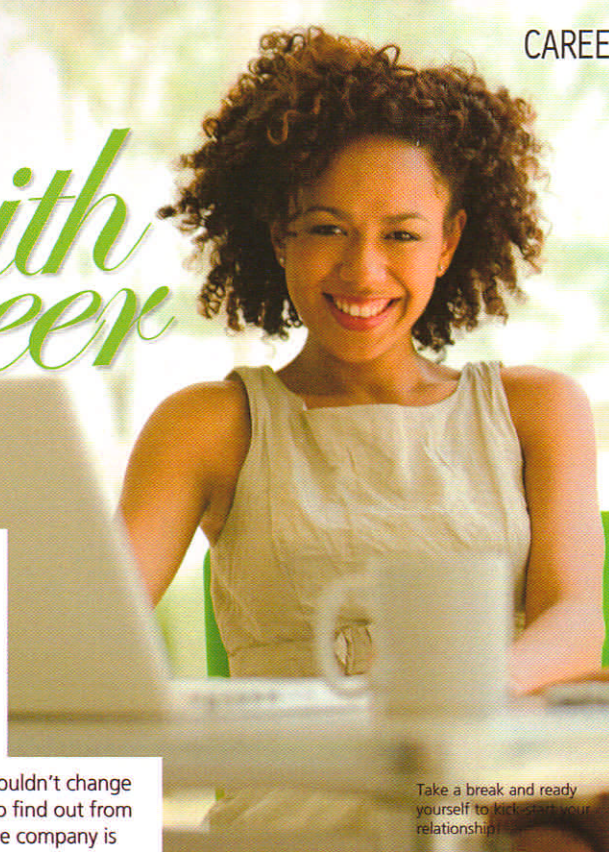
In a relationship, you'd talk about your hopes for the future, your goals

and aspirations. This shouldn't change when you're at work, so find out from your manager where the company is headed in the future. Are there any interesting projects on the horizon that you could get involved in? Are there any opportunities for you to learn new skills? Don't wait for the annual appraisal to do this. Your manager isn't telepathic and might think you couldn't care less about the future – that you turn up for work, hate every minute of it and can't wait to get home and get paid. Even if this is true, if you shift how you think about your job and start to see a future in it, you'll start to enjoy it more. In a relationship, you'd want to know about their intentions: is this a casual fling, or are they serious about you growing old together?

## You get out of your job what you put into it.

If you show more interest in the people at work, get to know them and take a positive attitude, before long you'll have that spark back, and you'll be head over heels in love with it again!

Hannah McNamara is a career and management coach at HRM Coaching Ltd ([www.hrmcoaching.com](http://www.hrmcoaching.com)). She is available for one-to-one career coaching programmes starting at £300. You can also find her at [www.hannahmcnamara.com](http://www.hannahmcnamara.com)



Take a break and ready yourself to kick-start your relationship.

Angela Whitlock is an executive coach and the author of *Walk on the Grass*, a guide to breaking self-imposed rules and inspiring creativity. Here, she offers her top three tips for loving your career again.

### Plan ahead

A project without dates is just a task list. Break it down into smaller targets, and plan ahead to make them much more achievable. Be specific in your own mind when you want to see the fruits of your hard work, and you will start to enjoy a greater sense of achievement.

### Regain perspective

Develop a hobby or interest, particularly one that takes you outdoors. It can help you remember that work is just one part of your life. Looking at issues from nature's perspective and thinking about how it would deal with the matter can have a powerful grounding effect.

### Replace worry

Become a "whatever" person instead of worrying "what if?" The "what if?" people worry about the things that might happen. Remember: whatever happens and whatever life throws in your path, you can deal with it.

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