



**Figuring Out What
You Want to be
When You Grow Up
(even if you're 50+)**

DOROTHY TANNAHILL-MORAN

THINGS TO KEEP IN MIND

- Your best asset in this process is patience; if it were easy & fast you'd already know
- There is no “one best way” to determine a career change – which can make it confusing
- You are putting together a puzzle – multiple pieces
- The outcome you're looking for is a decision; your decision will inform your next steps
- The best indicator that you have found “THE” career is an emotional reaction

CAREER CHANGE v/s JOB CHANGE

- Job change is where you move from one job to a comparable or similar job in the current or different company.
- EX: Bank Auditor to Consultant performing bank audits
- Career Change is where you move from one job in a career path to a different job on a different career path.
- EX: Sales Person to Knit Shop Owner
 - Definition of career – profession or occupation generally thought of as a life's work.

Why is it important to define the difference?

- The process starts differently for each one, but ends the same – in a new job
- A Job Change primarily entails a job search. The job search is based on previous experience and skills related to the most recent work or education.
- Career Change entails a re-examination of an individual's career path in relation to new priorities.
- A new career path can be an expansion of one portion of a person's job.
 - EX: Managing a Department to Project Management
- A new career path can be as significantly different as going from a Nuclear Chemist to a Chiropractor, and often involves additional education or a different setting.
 - EX: Starting a business.

Why is it important to define the difference? (continued)

- Job search is ultimately pursued only after a new career path is identified in order to develop an effective job search plan.
- Many people confuse the two
- Leads to confusion and lack of clarity in the job search
- May result in false starts

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CAREER CHANGE PROCESS OVERVIEW

Overall Goal of Process

- To initiate a process that will tap into strength and passions while managing or mitigating risk associated with a decision for an exciting new career.

CAREER CHANGE PROCESS OVERVIEW

What is the process composed of?

1. A self discovery process

- Identify your key criteria and continue to add to it
 - Salary needs
 - Time for retooling or how much retooling
 - Other?

CAREER CHANGE PROCESS OVERVIEW

What is the process composed of?

1. A self discovery process

- Identify your values within the context of a job – Should I Stay or Should I Go Workbook* (downloadable PDF)
- Personality assessment with occupation report (one of the only ones I suggest)
- <http://www.self-directed-search.com>
- For understanding yourself better and how that might relate to a career use Myers-Briggs. There are a book and an online assessment

CAREER CHANGE PROCESS OVERVIEW

What is the process composed of?

2. Turning self discovery elements into real world jobs

- <https://www.onetonline.org/>
- 40 Jobs for People with SD, Vocal Disorders or Prefer Jobs
- with Low Interaction
- <https://dysphonia.org/low-vocal-interaction-jobs/>

3. Researching and testing those jobs

National Spasmodic Dysphonia Association

WWW.DYSPHONIA.ORG