

WORLD OF WORK

CAREER DOCTOR



Paul Mullan

THE IMPORTANCE OF BREAKS AT WORK

Q My career has never really taken off and I've been drifting from one job to another. I did not go on to third level because I wanted to start working and earn money. I blame my lack of education for my problems. Is education important and does not having it hold you back?

A I believe Ireland is a qualification-obsessed nation, which has both positive and negative effects on employees. I would like to point out that I am qualified, love learning and accept that qualifications do open doors, BUT they are only one ingredient of career success.

There is a belief that qualifications will lead to career fulfilment and that a lack in this area will lead to certain failure. Well, those who preach this should tell it to all the very successful people who don't have a merit or distinction to rub together. Lack of qualifications certainly did not hold them back.

QUALIFICATIONS
ARE ONLY ONE
INGREDIENT OF
CAREER SUCCESS

The unfortunate fact is that many people believe this. I regularly meet individuals who lack qualifications and believe they cannot succeed without them – it therefore holds them back. Equally I meet many who are well qualified but punching beneath their weight and cannot understand why. They were told to get a qualification to be successful.

It is important for you to decide what you want and pursue that. Seek information and feedback along the journey, as this will help. Your chosen career path may require certain qualifications but equally it may not. A qualification will not do you any harm, but neither will it guarantee you success.

Paul Mullan is a career coach with Measurability.
www.measurability.ie

For more information, visit: www.hn.com/ie

Need a Career Coach? Visit <http://www.measurability.ie/individuals/career-coaching/>