

CAREER DOCTOR

? If you have any job problems you would like answered by our panel of Career Doctors, please email: careerdoctor@whitespace.ie

Q. I am in my present job for the past two years, but have been very unhappy here for the past six months. I've been thinking of jacking it in, but was wondering if it would be a good idea to just leave the job without having a new one to go to? Any advice would be great.

A. There are strong arguments for both options - to stay put and search for a new job or to leave immediately and search. More often my advice is to stay put but there are exceptions, particularly if your health or personal life is suffering.

Leaving your current job will free up your time, enabling you to place 100pc focus on your next career move, and it will increase your motivation to find a new job. Leaving your current job will also remove you from the



Paul Mullan

unhappiness you are experiencing. This unhappiness can have a negative impact on job hunting, so removing it can be beneficial.

There are, however, many downsides to this option. Leaving your present employment without another job lined up can make potential employers suspicious. Employers will

have plenty of questions around your decision that will need answering convincingly. Another consideration is the cessation of income. Removing this income stream could add additional pressures. It is difficult to predict how long it will take to find a new job and you must consider the current job climate. If the process drags on you could find yourself taking another job in which you are equally unhappy.

Finally, call it Murphy's Law but from experience individuals in employment get job offers but individuals out of employment by choice struggle. If you can bear your current situation then stay put, and increase your effort and focus on hunting alternative employment.

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

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