

## **Tech Biz: Contemplating a Career Coach**

by Joanne Eglash, Silicon 2.0 Online Tech Magazine

Right about now, many high tech professionals are re-evaluating their career decisions. Layoffs....dropping stock prices...uncertain futures... The high-tech industry has lost its glamour.

But what if you're not really sure what to do? Maybe you're debating looking for a new job, but aren't sure what type of job or even industry you want. Or perhaps you've been laid off and are feeling increasingly shaky about your options.

The answer, for some, is to consult a career coach, sometimes called a job coach, a life coach, or a career counselor. Those who have chosen that route often say that it made the difference in helping them understand their options and make progress toward their new goals. As for the best way to select someone, be sure to:

- Ask for recommendations from friends and colleagues.
- Request an interview or sample session to make sure that the individual's style and attitudes meshes with your needs.
- Check the person's certification/education.

Joel Garfinkle is the founder of Dream Job Coaching ([www.dreamjobcoach.com](http://www.dreamjobcoach.com)). When I consulted him, I was not certain as to just what my "dream job" was: Project management? Marketing communications? Corporate communications? Public relations? Technical journalism? And I also wanted to know how to appreciate my current work.

What I discovered, through working with Joel, is that the solution to these puzzles are within me, and what I needed was help from someone like Joel to understand how to use my inner resources. I don't have all the answers ... yet. But the progress that I'm making has been worthwhile.

Joel's own story illustrates the process of finding one's dream job.

"My way of finding my true essence and what I was meant to be doing was through eight years of research," he recalls. "I was trying to find out what I wanted to do. I felt like I wasn't in the right field, right industry, right job or right career and it was very frustrating."

For him, however, as for many of us, "I knew something was off," he said. "I think most people know that. But the question is what you can do about it. I was working for companies where the environment did not allow me and my gifts to come forward. I received hints that said, 'You aren't liking this very much, are you?' It was subtle, but it kept building. I'm sure a lot of people can relate to that."

