

## WORLD OF WORK

### CAREER DOCTOR



Paul Mullan

**Q** I received a job offer from another company and accepted it. I have handed in my notice to my current employer and am in the middle of serving a six-week notice period. The problem is I am having second thoughts about moving and whether I am making the right decision. I am thinking about asking for my old job back. Is this advisable?

**A** Most people experience some form of emotion when confronted with change in their life. This could take the form of excitement, fear, self-doubt or anxiety. Change takes us out of our routine and comfort zone. I have worked with a great number of individuals during career change and it is a very natural and common reaction to doubt yourself and decisions you have made. If you are happy that you conducted a comprehensive job hunt, there is nothing to worry about. You have identified what you need in a job and found a new opportunity that will satisfy that.

I normally advise people against taking a backward step in relation to career direction. I can only assume you had legitimate reasons for making the decision to change jobs in the first instance. If you stay in your current job, those issues will still be there and it will only be a matter of time before the situation becomes unbearable again. Staying might seem the easy option, but easy is not always the best. I give similar advice to jobseekers who receive counter offers when handing in their notice.

If you are clear in your mind the move is not right because there were perhaps gaps when making your decision, there is another option to consider. Additional information may have come to light that was not available when making your decision or it may have become clear you were misinformed about the role during the recruitment process. The other option is to go back to the marketplace and look for alternative positions. If you choose this option remember to look after number one and don't leave yourself without a job. This may mean taking up the new post until you secure an alternative.

Yes, there is an element of risk with any career change, even with the best analysis and planning. Such changes can fail, but they can also work out great. Trust yourself and believe in your ability.

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