

Career Story

– Lauren, Career Development Consultant (under 30)

Q1: What is your current job/career?

Career Development Consultant at a university

Q2: Why did you choose your job/career? - did you have a plan? - what resources if any did you use?

During university I really enjoyed learning about vocational psychology. Work is such a large part of our lives and I found it interesting how our career choices are (or should be) a reflection of our interests, values, strengths, beliefs and personal preferences. I also found it interesting how career choices have a genetic aspect, eg. often family members often choose a similar career path (taking aside environmental influences). This interest commenced my career path to working in employment services, the university sector in student recruitment and now in career development.

Q3: How would you like your job/career to develop and what do you need to do to make the change?

I love my job. There is always a challenge and new initiative to create variety in my day. At the moment I do not feel the need to make a change, rather enjoying the ride I am on at the moment.

Q4: When you were a child, what did you want to be when you grew up?

At age eight I wanted to be an air hostess (I was in the fanciful stage), then at twelve I wanted to be an Environment Park Ranger and look after the trees and animals. By early high school I became interested in health sciences- physio, nutrition, etc.... due to my involvement in sport. I ended up studying psychology at university as a pathway to either study OT, physio or pharmacy, but enjoyed it and finished my degree

Q5: What challenges do you need to overcome to "get the life you love"?

Even in times of doubt, have faith in your own abilities. It is hard to convince others you are the best candidate for an opportunity if you do not have faith in yourself. Take the time to investigate what you love doing and think outside the box as to how you can maximize your personal qualities, skills and knowledge within a role or create a niche opportunity for yourself. If you worry, you are hardwired for hope, think with what I have got, what can I do?