



Career Industry Council of Australia (CICA)

Press release for News Years Day

News year's resolutions have a whole new meaning for 2009

"When dramatic change occurs, many of us reflect on what is really important in our lives" says Peter Tatham, Executive Director of the Career Industry Council of Australia (CICA).

With change all around us, fear and panic can distort how we think about our lives. We can easily begin to question our own contribution and skills.

The Career Industry Council expects that many Australians are worried about being laid off or made redundant in 2009. And almost all will go through a range of emotions. Partners and children will be at the frontline of this experience and a commitment to support each other through the transition is a good news year's resolution and a first step to managing change.

President of the Career Industry Council, Mr Mike Geeves indicated that change can bring renewal and new energy to new projects and roles. Mike Geeves said "Supporting and encouraging partners, friends and loved ones at this time can strengthen relationships".

"Setting a new direction for 2009 that matches your values interests and lifestyle can turn gloom into an exciting journey". Mike Geeves said.

"We have noticed a big increase in people seeking out career counsellors to help focus on new opportunities and how to get them", Peter Tatham said.

"Some clients of career practitioners are setting up their own business around an interest or hobby" he said. "Others are looking at volunteering, learning new skills or getting that qualification for their next role" Peter Tatham said. In every case, career counsellors would be encouraging their clients to keep in contact with existing networks of friends and colleagues and to make new contacts. This is another resolution to commit to for 2009.

Gandhi once said "Be the change you want to see in the world". In the lives of many Australians in 2009 the great opportunity is to use change to become who you are or as the careers week slogan says "Get the life you love". Now there's a challenge.

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