



Anxiety as a Career Blocker

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"I feel so anxious about everything. How can I plan my career? By the time I get there I may not even have a future!"

Thus she spoke. Seventeen years old, facing an uncertain future, critically important exams, family problems, rapidly changing world of work, job-eating artificial intelligence, global warming, antibiotic resistant germs, a world edging closer to nuclear war. And more!

Such a lot to worry about.

Anxiety is a career planning killer. People feel stuck, overwhelmed, stressed, confused, fearful. And it affects multitudes. Not only the young, but also many of those in transition (or about to be), the unemployed, or just people in jobs they hate. According to forbes.com the biggest fears experienced by those changing careers are failure, loss of money, loss of pride, being low on the totem pole, or the neophyte when egos aren't prepared for it.

A big issue for career practitioners is to quickly identify this planning blocker, enable those clients to better cope, and facilitate steps towards realistic future planning. Sounds easy! But for career practitioners serious worriers can be a major challenge.

Importantly career practitioners also need to know when to refer clients to mental health professionals, understand the nature of available mental health services, and be able to work collaboratively to achieve the best career outcomes for clients.

This presentation will engage and involve participants through activities and discussion points.

By the end of this session participants will:

- be able to identify major symptoms and indicators of anxiety blockers
- know when and how to seek assistance from mental health professionals
- understand recent research findings
- be able to access and use credible international Web apps
- facilitate valid and realistic strategies enabling clients to move forward with suitable career plan