

Business Analyst



CAREER COACHING
TO MAKE YOUR MARK

“I had stepped out of my IT job because I was not enjoying it, but I wasn’t sure what work I would enjoy. I knew I wanted a change but I didn’t know which way to jump. There were a number of personal issues that needed to be worked through as well and they came to light around that time. So, I had been adrift with those questions for a long time and I still hadn’t really answered them.

During those months of working with you, we talked a lot and you listened a lot. It gave me an opportunity to explain my situation, and I’m someone who needs to talk in order to think. In doing that you also accepted that my situation was unusual and accepted it as it was. You didn’t judge it or judge why I had made the choices I had made. That was really important.

We didn’t just sit and talk, we talked with purpose. You asked questions to flush out what was going on. The questions you asked made me think, and you reached the parts that other questions never reach. You can break the cycle of bad thinking, get people off the wrong groove and get to the nub of things.

For me it was a good blend of unstructured discussions and structured exercises. For example, we did a skills audit where we analysed my life experiences for key skills. This yielded much better results than when I had done it some years previously. It was effective, I could draw conclusions from it. I looked at the set of skills and thought, ‘actually yes, that is me - not only is it me, but they are the skills I have wanted to use’. I felt properly defined by it. We reap what we sow and if you put the time in you do get good results. It was a mixture of formal and informal work, all of it very useful.

I have a job now - that’s the obvious biggest tick. I’m in a much better job than I was in before, I’m better paid, and the location is better. The company is bigger, they are a lovely bunch of people and I’m a different person in it. I am shaping how an IT support department should operate within this business.

One thing I never had before was a sense of ambition. Now I know I have skills and I can articulate them. I’m ambitious in the sense that when I see situations I now think ‘I could help there’. I would never have spoken up and put myself forward before.

My work is progressing, and there isn’t a ceiling. In six months I hope to be doing more business analysis and change consulting. There are signs of this happening.

Now, I can articulate clearly and truthfully what my achievements, skills and passions are. I couldn’t do that before and I think that the process not only enabled me to get the job I’m in but also enabled me to do the job I’m in as well.”

- - -

This testimony is the transcript of a ‘client review’ phone call and is used with permission.

CAREY ADAMS STRATEGIES

Abbey House,
Abbey Green, Chester,
Cheshire CH1 2JH

Tel: 01244 403422

Email: info@careyadams.co.uk

Web: www.careyadams.co.uk