

# Mechanical Engineer



CAREER COACHING  
TO MAKE YOUR MARK

“I was working for a large engineering consultancy of over 10,000 people, involved in power generation. I was frustrated in my work and had been thinking for years about leaving and doing something else. Thinking about it, but not getting anywhere. Just going round in circles without any focus. I was distracted and not really concentrating on work, and I couldn't really focus on what to do, so it was quite a desperate situation. It felt like I was on a downward spiral without any guidance.

We met up for an informal chat first. You told me about the road map we would follow and how it works. A week later I decided I wanted to go ahead with it and I put a time frame on it. We started meeting up periodically and during those times you gave me some exercises to do. They helped draw out what my gifts and talents were, my passions and desires for work. After each exercise we would meet up or chat over the phone, to go over the information and ideas I had produced. It was about 'drawing back the bow, before releasing the arrow'.

I found the meetings quite encouraging and I would be quite enthusiastic after them. I could see that each task had a purpose and that there was something to be gained, so they were worth doing.

Half way through this process, I got a new job in Mechanical Engineering via an agency. Although it does fulfil some of my criteria, it's mainly just closer to home and pays a little more, so it's not for the long-term.

The biggest benefit for me, of the work we did, is that I now know what sort of work I should be doing. Work that I would find rewarding, satisfying and would fulfil what I believe my gifts and talents are. Whereas before, I was shooting from the hip really, not hitting anything. I was thinking too far and wide about what the perfect job would be. My ideas went from boat builder, to blacksmith, to landscape gardener, but I realise it was escapism for me.

Before, I didn't know what I wanted to do, I just knew I was frustrated and in the wrong place. The difference now is, I do know where I want to go to and I'm going to do something to get there. Now at least, there is one destination and not fifteen possibilities. This is the main thing I've got from our work and I think it's excellent.

I really think the process works, it's worked for me, and I thank you for the effort you have put in. The penny really dropped when you asked me to think about how I wanted to use my engineering skills and passions in the future. It was then I reconnected with why I went into engineering in the first place.”

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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](mailto:info@careyadams.co.uk)

Web: [www.careyadams.co.uk](http://www.careyadams.co.uk)