

Your psyche

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All worked up!

Do you feel like you're stuck in a dead-end job that's leading nowhere? Is it time to move on?

Work isn't quite what it used to be. You wake up, drag yourself to work, the day just passes as if it was an endless waste. So, are you stuck in the wrong job? Read on...

MONEY FOR NOTHING

Sure, the moolah always matters. But what if the monetary factor isn't a good enough reason? Answers, Swati Salunkhe, MD, Growth Centre India Pvt. Ltd, "At the initial stages of a career, money is important, but as you inch further, you realise that it isn't the sole criterion. If a hike of 10 to 20 per cent in salary pleases you, then stick to your job. But if you get a tremendous hike, and are still not satisfied, then it's time to move on."

LOW ON MOTIVATION

You've tried to motivate yourself but what if you find that you're still disinterested in your job? Experts suggest waiting for a period of three to six months before taking a drastic decision to quit. "If there is lack of motivation and you feel that you're not excited about new initiatives or projects at work, look into other opportunities," suggests Anuradha Prabudesai, counselling psychologist, Disha Counselling Centre.

GIMME MORE

Many a time, you seek mental stimulation from your job and sometimes, it doesn't live up to your expectation, says Salunkhe. In such cases, she adds, it's important to speak out and address the issue and not make impulsive decisions. A different approach to your job might help. Identify areas where your execution of tasks could change and make it more challenging for yourself. Also, consider upgrading your skills or take up a course that value-adds to your professional aspirations.

FAST FORWARD

Has your boss indicated you're included in expansion plans or new projects to be undertaken within the next year or more? If not, then perhaps it is important to analyse your personal growth at the organisation. Salunkhe recommends researching on the industry you're in, as sometimes an overall slump can be the reason for a bleak future. Further, it's essential to discuss the issue with your superior in an informal manner so that you know where you stand.

BOSS TROUBLE

Although not a good enough reason to quit, it often becomes the inevitable cause of switching jobs. If your work environment is not conducive to productivity, then first attempt to move to a different team in the same company. Or else, look for a new job altogether. However, Salunkhe cautions, "There is no guarantee that your new boss will be very different. See whether it's just you, who has a problem with the boss or if the entire team suffers the same fate. The final decision of moving on should be made after careful consideration."

IDENTITY CRISIS

Sometimes you may feel the qualities you are forced to display at work are not in sync with your personality. As Sonia R, media professional, explains, "I was stuck in a job that was completely unlike me. I was just playing a role and I got tired." To which, Salunkhe states that self-introspection is the key here. You have to be able to rate your pros and cons, before taking up something that is in tune with your personality.

It's time to move on

Lack of drive and motivation Assess if it's a temporary phase by setting a time frame and see if you feel differently If the compensation is good and growth opportunities exist, but you're still unhappy with your job

