



5 SIGNS YOU'RE IN CAREER LIMBO LAND

(...and what to do about it!)



Simply
Veterinary Coaching



1) YOU'RE NOT GROWING

When you look back over the last 12 months, how do you feel you have grown as a vet?

Have you been leaning into your "stretch zone" by learning new things, experiencing new situations, and developing your knowledge, or staying comfortably in the zone of familiarity?

Being a vet you are most likely a high achiever by nature, and take satisfaction from feeling you are moving forward. If you've noticed you are not pushing yourself you may have lost touch with what lights you up, so it's time to pause, reset, reflect, and re-energise!



2) YOU LOOK AHEAD AND DON'T FEEL EXCITED

If you repeated the day you had today for the next 5 years, would you feel satisfied and fulfilled?

Do you look ahead and feel inspired by what's to come?

This isn't about having big goals, it's about being motivated by a sense of direction with milestones to work towards.

What's missing from the day you had today that you want to experience more of in your future?

What has to happen for you to experience that?



3) YOU ARE GOING THROUGH THE MOTIONS

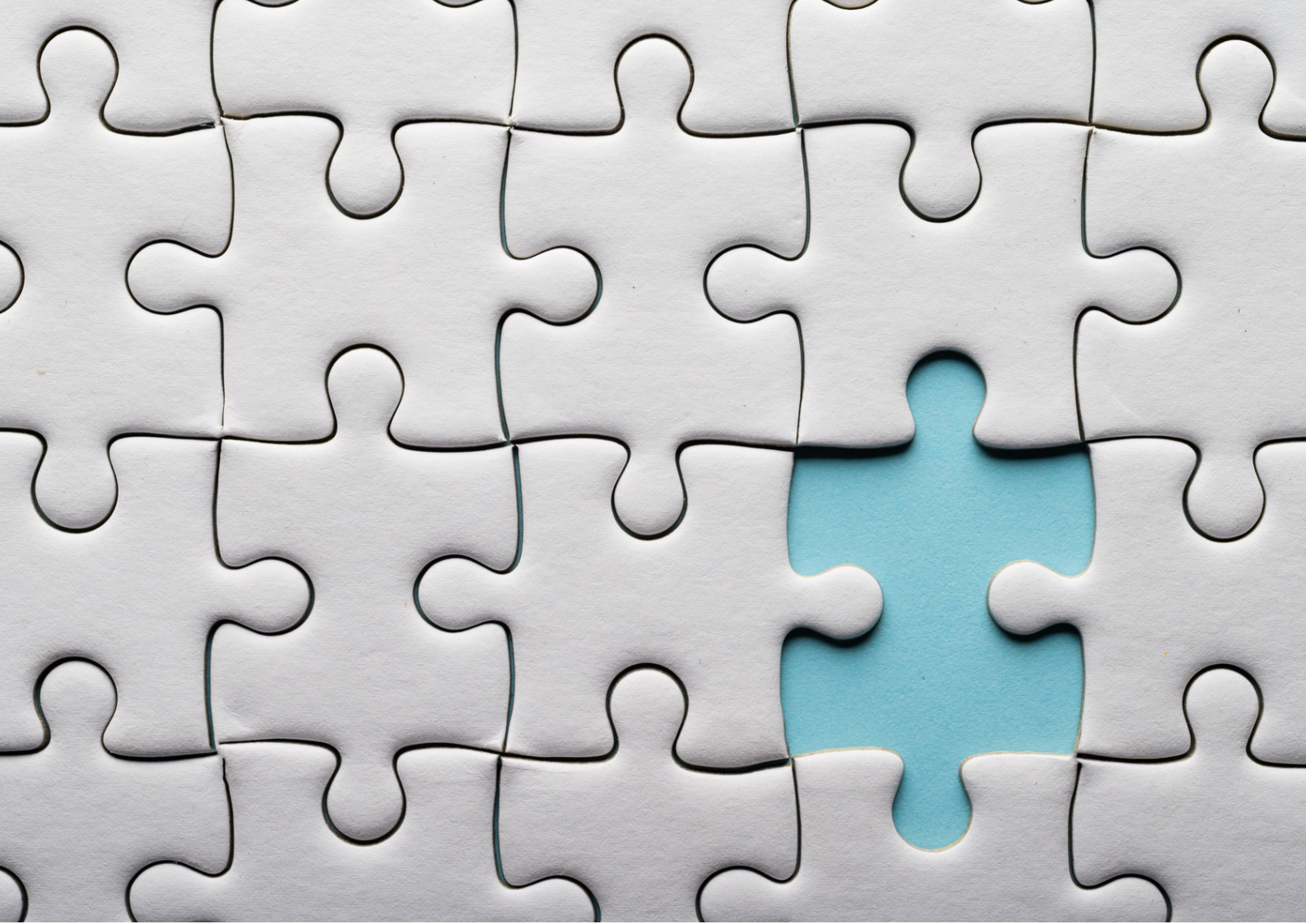
*How much of your job
are you doing on
auto-pilot?*

Getting into a routine at work is both a blessing and a curse.

On the one hand it can provide stability, consistency, and you can be incredibly productive.

On the other hand, you lose touch with your creativity, curiosity, and innovation.

If you are running on autopilot, you're also in danger of stagnating and feeling completely dissatisfied.



4) YOU DON'T KNOW WHAT YOU WANT

*Where do you want to
be 12 months from
now?*

When you're not clear on the direction your career is taking next it can be all too easy to cruise along for a while until you get further clarity.

However, clarity is something you achieve by looking backwards; it isn't always available to you moving forwards.

Give yourself permission to explore different ideas, consider different possibilities, and see where it takes you. The missing pieces will be revealed to you.



5) SOMETHING FEELS OUT OF ALIGNMENT

How closely does your job align with your values?

If you're feeling a niggling sense of dissatisfaction, this is life's way of asking you to pay attention because something is out of alignment.

Make a list of all the things that are important to you about your career, your role as a vet, and the practice you work for.

For each of the items on your list, give an honest assessment of how aligned your current job is on a scale of 1-5 (5 being perfectly aligned).

Once you identify the mismatch, you can make decisions about your future.

GETTING UNSTUCK



1 Book a 1:1 Career Clarity Coaching Session

We'll spend 90 minutes together exploring where you feel stuck and how to move from confusion to clarity.
Investment: £333.00

[Request Appointment](#)



2 Register for Career Crossroads Workshop

Join me and a group of like-minded vets for a 2-hour group career coaching experience.

Investment: £44.00

Register your interest: [Click here](#)

Spaces limited to ensure a quality experience



3 Visit Simply Veterinary Specialist Headhunters and check out their latest vacancies.

You don't know what you don't know, so take a look around the types of roles they deal with and seek information and inspiration about what could be the right move for you.

<https://www.simplyveterinary.co.uk/vacancies>