

# FOUR STEPS TO CHANGING CAREER PATHS



How to find a new career helping others



## Start a New Career, Starting Now

If you are considering a career change, you are not alone. One recent study found that nearly 80% of workers in their 20s, 64% of workers in their 30s, and 54% of workers in their 40s wanted to change occupations.

The reasons for seeking change are plenty. Sometimes people are looking for more flexibility and greater autonomy. Others are looking for careers that they will find more fulfilling.

*Still others are realizing that what they really want to do is spend their days helping others, and they're seeking a viable, intelligent way to make that vision a reality.*

The good news is this kind of career change is very doable, and thousands of people every year, in their 20s, 30s, 40s, and beyond, are making the change and launching rewarding, fulfilling careers in new industries. This four-step guide can help you begin the path to an exciting, worthwhile occupation, helping others and building a new future.

# What are people looking for in their next job?

Many people have jobs that “pay the bills” but are no longer challenging or rewarding. Other people find that what they’ve always done for a living is “alright,” but they are truly meant to be doing something more substantial or meaningful. Still others want a career that is more in line with their lifestyles, commitments, and time constraints.

No matter their circumstances, people are finding that – by changing careers – they are able to achieve their goals for:

- A flexible schedule
- The ability to make their own hours and be “their own boss”
- Financial stability in a growing field
- Greater job satisfaction and fulfillment
- More work/life balance
- Having meaningful work and the ability to help others



## Making the Move

Despite the benefits of a new career, it can still be daunting to take the first step. Choosing a career is a very personal decision, subject to not only your own thoughts and feelings, but also the judgment and expectations of the people in your life who know you and depend on you.

But you can be confident you’re making a sound and strategic career decision if you think it through thoroughly and take the right approach.

**These four steps can point you in the right direction.**



# STEP 1



## Be honest with yourself about what you want to do

While there are many career assessment and personality tests available online to help you determine the best occupation for you, often times it comes down to just a gut decision. In considering a career, ask: Can you see yourself doing it every day? Does the thought of a “day in the life” energize and inspire you, or does it fill you with trepidation or nerves? A new career may be intimidating in several ways, but it should leave you with an overall sense of excitement and empowerment. A big part of you should be thinking, “I can do this!”

Another thing to consider is whether that excitement can sustain. Where do you see yourself in six months, in a year, or in five years? Will the new career keep you challenged and evolving? Will there be a demand for your occupation in the future so you can build a long and rewarding career?

Finally, take the time to think about your dislikes – and your likes. It can be easy (and enticing) to only think about the things that you dislike in your current job and that you do not want in a new job. But you should also consider what you do like and what you do want in a new job.

**It's important that you are moving toward something,  
and not away from something else.**

# STEP 2

## See what's out there

As the workforce evolves, more and more people are seeking jobs that are not the typical 9 to 5. People are looking for flexibility, autonomy, and the ability to determine their own schedule and make room for all the things – besides work – that are important in their lives.

To determine the career direction for you, do a simple search on the Internet using keywords that intrigue you – **flexible** careers, **rewarding** careers, careers with the most **worker satisfaction**. There is no limit to what you can search on and what characteristics that sound ideal to you.

From there, narrow in on specific leads. Ask your family and friends their thoughts in regard to your strengths and passions. Really dig deep about who you are and what kind of job will make you excited to go to work each day. Sometimes it's easy to be misled by glorified job titles or positions depicted on TV or in the movies. Read job descriptions online, and talk to professionals in those occupations to learn what the real day-in and day-out aspects of the job entails.

**Take advantage of this bird's eye view that  
this time of your life affords you.**

You're in a position to slow down, ask questions, and make sure that the move you make is going to be the best for you.

## Careers in HOLISTIC MEDICINE

Many people are seeking careers in alternative medicine, oriental medicine, or holistic medicine. These paths are becoming increasingly popular and the demand for these jobs is growing, as more patients are looking for natural treatments and approaches to health and wellness that they cannot find in traditional doctors' offices.

People are also drawn to these holistic careers because the techniques they learn to perform on others are beneficial to them as well. Treatments like acupuncture have been shown to alleviate a wide range of medical problems, such as headache, asthma, carpal tunnel syndrome, stroke symptoms, and lower back pain. Massage therapy has been proven to increase healing,

promote relaxation, and reduce risk of disease.

In addition to helping people, these fields also offer financial stability and a great job outlook. According to the National Bureau of Labor Statistics, the job outlook for Massage Therapy through 2022 is a growth of 23%, which is considered "much faster than average".

Another aspect that people find intriguing about alternative medicine is the speed and ease in which they can get started. Students can actually become an Acupuncture Physician in just less than three years, and massage therapy students can be trained and employed in a year or less. Plus, they can get assistance with licensing and job placement.

# STEP 3

## Get trained or certified

Once you zero in on a career direction, start researching the education and experience needed. For many jobs, you may already have transferable skills that can be helpful in the new career. For other jobs, especially in health care or holistic medicine, additional training, certification, and licensure may be required.

If you do need to obtain further education, make sure to do a thorough analysis of the various programs and pick one that is recognized, credible, and accredited. Start with doing research online. Be sure to look for not only information the schools offer, but also testimonials from students and graduates. Are they satisfied with their education? Was it worth the investment? Are they in - or well on their way to - gainful and rewarding employment?

Make sure to get a clear understanding of what the training involves, and whether the desired program adequately prepares students for the careers they want to have.

## What to Look for in a TRAINING OR CERTIFICATION PROGRAM

When evaluating programs and courses to secure a career helping others, there are many things to look for:

**Course schedules.** Do they have a curriculum that will fit into your schedule? Do you need morning or evening classes? Do they have enough class offerings to choose from to ensure you can complete the program in the expected time?

**Affordability.** Many people seek a new career to achieve financial stability, so the program you select should not set you back substantially. Is the program within your budget and will you be able to recoup your expenses soon after graduating? If tuition and fees are beyond your limits, is financial aid available and is it realistic that you will be able to pay it back without hardship.

**Help for you as you help others.** People who pursue careers in holistic medicine often do so because

they see how beneficial the treatments can be for themselves. Based on this, it is worth asking whether the school offers free or discounted health services for students.

**Career services.** Most people who are changing careers nowadays are past the days of graduating and just hoping a door opens. People today are informed, strategic, and proactive. To be this way, it's important to seek a program with robust career services. These services can help you hone in on specific skills and training, complete the licensure process, identify potential employers, and fine-tune your resume and interviewing skills.

For veterans, career services can walk you through the application process and help ensure your military benefits are applied to the tuition. A good school will be your ally and partner in both your education and career objectives.

## STEP 4

### Get going

Once you decide to make the change, keep the process moving forward. Send emails, visit schools, apply, and map your exit strategy at your current position. Keep doubts at bay and trust that you are making a realistic, smart, and viable decision. You will soon be on your way to a new career and a bright future.



Many programs have registration deadlines fast approaching, and the sooner you apply, the sooner you can get started.

## MAKE THE MOVE to Acupuncture and Massage

One of the most rewarding and flexible careers you can have is in healing and holistic medicine. To learn how you can find a program you love in this field, contact Acupuncture and Massage College today.

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