

## Experiencing Career Unrest? Most of us do during our career

By Russ Jones

Nearly everyone at some point in their career goes through a period or periods in which their direction is unclear or they are feeling a level of dissatisfaction in their job or career. Career unrest is a sense of dissatisfaction associated with one's work and can take several forms: 1) work environment unrest, if caused by the job or organization 2) career/function, if due to the nature of the work; and 3) career/ self unrest, if the issue is within the individual.

Career unrest happens to many people; in fact, at different career stages, nearly all of us. It can happen in a person who is emotionally stable or in someone who is having emotional difficulties.

Career unrest is more than a momentary concern. It usually lasts for at least a few months and sometimes as long as several years. In my observations, it typically lasts from one to three years.

Career unrest can manifest itself either very sharply and painfully or as an anxious and uneasy feeling. The cause can be either from within the individual or within the environment. Any one or a combination of the following three conditions can lead to career unrest: 1) normal change and development 2) unrealistic needs or expectations, individually or organizationally; or 3) a less than adequate coping system for the circumstances.

When career unrest occurs, individuals have at least four options:

1. make their current positions more satisfying or productive
2. leave their current position and possibly leave their organization
3. change careers
4. change the way they view their career

Organizations can turn the negative consequences of career unrest into positive contributions.

In many cases, midlife unrest is related to career unrest, although, it is certainly not always the case. Much has been written about midlife unrest (crisis). Our culture does not recognize the extent of midlife unrest and its impact on career unrest. The primary reason is that individuals, who are experiencing it, don't talk about it. Studies have shown that 75 to 80% of the professional population experience significant midlife unrest. Yet at least three out of four people experience it, most keep it a secret, though probably at a significant psychological cost.

What is becoming generally known, though long known by psychologists, is that as people grow and develop normally, their interests, values and expectations change. A middle aged person goes through a period of growth and adaptation. Change leads to dissatisfaction and sometimes the dissatisfaction centers on one's career. Change in terms of midlife unrest can and should be a positive change—a sign of growth and development. On the positive side, most well educated professionals generate their own growth rather than stagnate.

# Career Unrest A Source Of Creativity

**Wenbin Ji**



## **Career Unrest A Source Of Creativity:**

## Unveiling the Magic of Words: A Report on "**Career Unrest A Source Of Creativity**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Career Unrest A Source Of Creativity**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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