

Like gloves: Why do people often change jobs and how to understand that you are also time?

Matrix calculator online

A few decades ago, a frequent change of work was perceived as nonsense, such a candidate inspired confidence. However, today people are increasingly changing work every 3-5 years. This is quite common practice, which is due to the rapid growth of the market, the development of new professions. How to understand if you did not sue in one place and is it time to move on?

Why is this happening

Depending on the type of company, it requires different employees. For example, in scientific research centers, projects are usually long-term. Here we will use scrupulous employees who can study study, analysis, experiments. And the dynamic startups require flexible and energetic people aimed at quick results. Hence, such reorientation of the market - young specialists are gaining experience and immediately strive to apply it, but it is always possible to realize their potential within one company. In large corporations, development prospects are wider, but there are also restrictions, since they relate to the specific sphere. How to understand what time is it?

The most important indicator is the employee's own satisfaction - professional, material, moral. You can perfectly fulfill your duties, to know literally everything in this area and be a real expert. But if the work does not bring pleasure and becomes a habit, and life turns into a routine, you do not develop. So any professional can reach the ceiling, which is no longer overcome as part of the current job. Material dissatisfaction is usually sharper. If the company cannot offer an increase or at least compensation in the form of learning, benefits, then it is worth checking what the labor market offers. Another important factor that is worth paying attention is the resource-intensity of your activity. You can give work all your time and strength, and even be satisfied with the terms and wages, but sooner or later such a rhythm can lead to professional burnout. In this case, the change of place of work will not help, they will need drastic measures to revise their lifestyle. How often to carry out prevention?

In order not to drive yourself into a critical condition, you need to constantly carry out self-analysis. It is necessary to critically evaluate its own strength and skills, understand how to develop further, check the level of satisfaction with each aspect of work. If you understand that now everything goes well, you have good prospects ahead, then do it, for example, once a year. Make yourself a goal for a year ahead, then look back and evaluate whether everyone managed to execute. When you notice that something does not suit you, consider first obvious causes and measures. Perhaps you have not been on vacation for a long time and just tired. Or here it is possible to grow professionally,

without leaving the company. That is, it is necessary to listen first of all. The same applies to the question, at what age should be changed. It all depends only on you yourself, because today there are huge prospects for various specialists of any age. At any age, you can retrain, learn how to new and change the generation of activities. What is needed for this

It is necessary to prepare in advance for changing work. Examine what are the current requirements for your profession, determine the priorities that you will navigate when choosing. Perhaps it is worth refreshing knowledge at additional courses. To better adapt to changes, prepare for the load and easier to join the new profession, you need to prepare your brain for this. It is from its functions that our ability to learn, emotional flexibility and adaptation speed depends.

Wikium conducted a large-scale study in conjunction with scientists at Moscow State University, during which it turned out that success in one or another profession directly depends on the specific brain abilities. Based on this study, a unique program of development of Wikium was developed. Proofession. It allows you to develop the brain ability necessary for each profession. The program provides 170+ specialties under which you can customize workouts. It is useful for both current development and retraining. Neuropsychologists are recommended to engage daily, just 10 minutes of workouts per day to feel the result in a short time. In addition, in the process of your classes, the smart algorithm will follow the progress and adjust the load if necessary. Become a pros together with Vikima!