

Expert advice Ann Bolch



Careers Unplugged: Essential Choices for a Great Career

Meena Thuraisingham
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Meena Thuraisingham believes your career is in your hands so long as you're competent and passionate. In *Careers Unplugged*, she frames careers as a set of clear and essential choices. She offers 10 areas to develop personal understanding about the way you make these choices, including: Find your sweet spot, Uncover your blind spots, Take the long-term view, Fail fast, Learn fast and Time your moves.

Thuraisingham quotes research that suggests humans have only three driving needs: power, achievement and affiliation. We need to understand the mix within us to determine our appropriate career. She recommends using double-loop (reflective) thinking and writing a thought diary to ensure personal honesty.

Several basics are covered here. You can learn more about how to recognise your hot buttons, differentiating yourself in the workplace or developing effective listening skills. The importance of finding your own mentor, not necessarily through the company you work for, is also covered. The book contains many recommendations for further reading.

The balance between your life at and away from work is a matter of personal choice rather than availability of time, Thuraisingham says. Creating a personal vision that incorporates all aspects of life will help you make these choices.

With extensive use of colour to delineate chapters and magazine-style font, layout and graphics, *Careers Unplugged* is an engaging and easy read. But it may not be for everyone. It's pitched at developing executive skills and focus. Although experienced players may pick up tips or be reminded of something they once heard (eg.

Think role, not job), it would definitely be useful for people beginning the corporate-ladder climb.

Available at
McGills
bookstore,
Melbourne and
through
www.careersunplugged.com

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