



## MY DIFFERENT CAREERS

### I. BEFORE YOU READ.

You are going to read an article about changes in the way people in Britain are managing their careers. Before you read the text, match the words in A with their definitions in B. Check your answers with a dictionary.

| A               | B  |
|-----------------|--|
| job portfolio   | people who are not brave or confident                          |
| wimps           | causing someone to feel satisfied                              |
| burnout         | general direction in which something is changing or developing |
| switching       | a range of different jobs and experiences                      |
| juggle          | letters telling your employer that you are leaving your job    |
| throughout      | people aged between 41 and 49                                  |
| fulfilling      | during the whole period of time                                |
| resignations    | changing   |
| fortysomethings | deal with two or more important activities at the same time    |
| trend           | state of being ill or tired because of too much hard work      |



## MY DIFFERENT CAREERS

### 2. NOW READ THE ARTICLE AND ANSWER THE QUESTION BELOW.

#### MY DIFFERENT CAREERS

Whether you're a fitness instructor who dreams of being a florist, or an accountant with acting ambitions, building a job portfolio is good for your CV and your work/life balance.

Staying in one job at the same company for years and years has long been seen as a bit sad. Nowadays, we're used to maintaining career momentum by changing companies to broaden our experience and prove we're not wimps, stuck in a comfort zone and scared to move on.

But, while a reasonable amount of job switching has become an expected part of a clearly planned career path, going off at tangents and heading into uncharted territory has been a no-no. Sure, the occasional diversion may have been tolerated (a sabbatical or spell abroad, perhaps), but once established in a particular field or industry, it's difficult to jump ship.

Until now. Because the hot new trend in the job market is to make multiple career choices – to choose a portfolio of professions, either by moving into careers that are connected (like a friend of mine, who started out as a model, then trained as a make-up artist, before moving behind the lens and becoming a photographer), or by making more radical changes (an acquaintance gave up a PA job to join the police force). Even my favourite florist used to be something in the City. In short, what once was seen as career suicide is being viewed as a move made by people who know what they are doing.

Jenny Vine, 32 is one such professional who refuses to be pigeonholed, proving it's possible to switch careers and juggle jobs. At one point, she was working in IT by day and dancing in *The Lion King* at the Lyceum by night!

'After training to become a ballet dancer, I joined the Phoenix Dance Company. But, in my twenties, I also enrolled on an IT course, because I was aware of the impact technology was having on our daily lives. Despite never having thought of



## MY DIFFERENT CAREERS

myself as a technical person, I enjoyed it and went on to do a university degree in Information Systems Design, keeping my dancing going throughout,' she explains. Now with two children, she still performs, teaches dance and takes on jobs that use her IT skills.

According to career coach Joanne Mason, the reason we're changing careers more often is largely down to our changing expectations. 'Many people now consider life too short to stay tied to a job that doesn't bring satisfaction,' she says. And Mason should know – before coaching, she was a TV producer. 'Yes, a dramatic career change can be scary, but the fact that there are more career coaches around is a reflection of this evolution. I work with a lot of men and women who want to be proactive about finding a fulfilling job.'

In fact, fulfilment is one of the driving forces behind a phenomenon known as 'zenemployment' –taking up a new career that's more caring, ethical or spiritual. New research shows that Britain's bosses face a rush of resignations from fortysomethings putting satisfaction before success. Almost half of those surveyed said they wanted a second, more compassionate career by the time they are 45 and would take a pay cut to do it, with 36 being the typical age they start to prepare.

'In their twenties, people tend to take fairly obvious steps, but then being in possession of a logical CV no longer seems enough,' says Rachel Taylor, who offers a career change programme. 'What triggers the re-think? Stress, burnout, even depression or simply boredom. But the good news is that deciding to enter a different field is no longer automatically seen by employers as a negative.' And anyway, who says you're only allowed one career per life?' Certainly not a ballet-trained IT specialist, that's for sure.

Adapted from 'My Brilliant Careers', *Red* magazine.



## MY DIFFERENT CAREERS

Find the jobs in the text which match the descriptions below.

- ..... a person who wears new styles of clothes and is often photographed wearing them
- ..... a person who arranges for television programmes to be made
- ..... a person who helps people become healthy and strong
- ..... a person whose job is dancing
- ..... a person who sells flowers
- ..... a person who is the assistant to a manager
- ..... a person who keeps and checks financial accounts
- ..... a person whose job is taking photographs
- ..... a person who helps someone make decisions about their career
- ..... a person who has the skills to work with computers
- ..... a person who applies make-up to people before they are photographed, etc.



## MY DIFFERENT CAREERS

### 3. READ THE TEXT AGAIN.

Decide if the statements below are true (T) or false (F).

|  | T     | F     |
|--|-------|-------|
| It is currently quite common to change companies within a particular industry.                         | _____ | _____ |
| It has long been considered normal and acceptable to regularly change careers.                         | _____ | _____ |
| While working in IT, Jenny Vine trained to become a dancer.  | _____ | _____ |
| More and more people now consider salary to be more important than job satisfaction.                   | _____ | _____ |
| 'Zenployment' is a word used to describe well-paid jobs.   | _____ | _____ |
| People typically begin to consider career changes in their mid-thirties.                               | _____ | _____ |
| People generally follow a traditional career path between the ages of 21 and 29.                       | _____ | _____ |
| People are often motivated to change careers when they are stressed or fed up with their current jobs. | _____ | _____ |



# MY DIFFERENT CAREERS

## 4. FIND PHRASES IN THE TEXT WHICH MEAN THE SAME AS THE FOLLOWING:

Example: ..increase our knowledge and skill.. broaden our experience

.. unable or unwilling to move from a position where we feel relaxed and where we need to make little effort..

.....

.. suddenly doing something different from what has gone before..

.....

..moving in a new direction to do things which we have never done before..

.....

..a period of time in another country..

.....

.. leave the organization, field or industry you belong to..

.....

.. does not accept being categorized in a certain way..

.....



## MY DIFFERENT CAREERS

Question 4 continued

..registered to take lessons in  
computing ..

.....

..continuing to dance..

.....

..accepts to do paid work..

.....

.. mostly due to..

.....

.. nearly fifty per cent of the people  
who were asked ..

.....

..What motivates people to  
reconsider?..

.....



## MY DIFFERENT CAREERS

**5. THE AUTHOR OF THE ARTICLE USES THE FOLLOWING TWO PHRASES:**

' ... we're used to maintaining career momentum ...'

' ... my florist used to be something in the City..'

In which phrase is the author referring to a past situation? In which phrase is the author referring to a current activity?

Complete the rules below with these expressions: *be used to verb+ing* and *used to + infinitive*

- a. We use ..... to express repeated past habits or situations which are no longer true.
  
- b. We use ..... to express a current activity which is not new or difficult.

**6. EXPRESSION.**

The author of the article says, '*Who says you're only allowed one career per life?*'

Have you had a career which is different from the one you have now? Choose two jobs (different from your present one) which you consider to be interesting. Give reasons for your choices.