

Best career choice found by looking inward, speaker says

By Hope Neelson
Emerald Reporter

So what kind of job are you going to get after college? What are your plans for the future? Are you really sure that's the right choice for you?

These questions seem to burn in many college minds as they mull over and eventually decide what to do with their lives after school.

Career consultant and author Marti Chaney addressed these and other topics at a seminar entitled "Childhood Dreams - Career Answers" at the Hilton Hotel in Eugene Tuesday.

"It's about being who you are and getting paid for it," Chaney said. If you go into business just to make big money, you'll eventually burn out, she added. The trick is to find out what your strengths are and what you naturally like to do, and integrate them into your eventual job.

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— Marti Chaney,
Career consultant

simply an independent girl. Throw away the critical stuff, she said.

"Even in the most awful childhood, a child knows how to have fun," Chaney said. "Reclaim some qualities of kids."

Chaney told the audience to find out what those activities were and take note of them. Figure out why you loved to do these things or loved those types of foods, what made you happy as a child, and what your happy memories were.

These characteristics are the

ones that make a person naturally happy, and would be a natural career path.

Getting to know the inner child is not the only important step in finding happiness. Getting to know your adult side is also a step in discovering what your natural calling is, she said.

To find your adult self, Chaney suggested taking a step outside — literally — to watch yourself.

By noting when you smile and the reasons behind the smile, you can discover what

activities and people make you happy, she said.

"It's like your composing your life," she said. Figure out what you want to be doing in any given day. Who do you want to talk to about what, and who do you want to work with, she said.

It's good to get feedback from friends at that point. Throw out the values you want, and see what job your friends think fits that description. It helps to get different opinions because there are a lot of different jobs out there, she said.



Marti Chaney

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"How can you make a career decision unless you know yourself really well?" Chaney asked the audience.

The first step in discovering your true self is to look at your background, she said — You need to look back at your heritage. What were some of the beliefs of your grandparents? she asked. What were their views on money, success, and work?

Now look at your parents and see what characteristics they passed on to you. The reason some have fears about money and security may go back to their grandparents' reaction to the Great Depression, Chaney said.

She compared analyzing childhood to analyzing history. We study history so we can look at the mistakes that were made, and do better in the future, she noted.

When we identify the negative baggage we carry from our background, we can solve the problem easier and move on, she said.

"You need to evaluate your working heritage because if its real negative it's going to trip you up."

Chaney also said it is important to "find your inner child," and rediscover what you loved to do.

It's important to reconnect with your inner child in a non-critical way, she added. Look behind comments such as "she was too bossy" to why she acted that way, such as, she was

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