

The top 4 mistakes mid-career women make

Are you feeling frustrated in your career? You're not alone.

Many mid-career women feel stuck, like they're not moving forward. In this post, I'll explore the four most common mistakes that women make in their careers and how to fix them.

Keep reading to learn more!

*Don't let anyone get
in the way of your
dreams and goals.*

Letting others define your success

When it comes to success, everyone has their own definition. For some, it may be reaching a certain goal or achieving a senior position in an organisation. Others may define success as simply being happy and content with their life.

Whatever your definition of success may be, it's important to remember that YOU are the only one who can define it for yourself. Don't let others dictate what success means to you. Pursue your dreams and goals, and don't let anyone else stand in your way.

Settling for a job they're not passionate about.

It can be tempting to settle for a job that you're not passionate about. After all, it's better than being unemployed right?

But settling for a job that doesn't make you happy is only a temporary solution. Eventually, you'll become unhappy - resentful of your work situation and want to make a change.

That's why it's so important never to lose sight of your dreams and find a career that you're truly passionate about.



Being afraid to ask for what they want

Dont be afraid to ask for what you want. This fear can hold you back from getting what you deserve. But you don't have to be one of those people!

Asking for what you want is a brave thing to do. It shows that you're not afraid to stand up for yourself. So go ahead and ask for what you want. You might be surprised at how easy it is.

Comparing themselves to others

One of the quickest ways to set yourself up for disappointment is to compare yourself to others - aka Comparitonitis!

Comparing yourself to others will only lead to disappointment and feelings of inadequacy. We all have our own unique talents and abilities, and comparing yourself to others will only sap your happiness and motivation.

Instead of comparing yourself to others, focus on your own strengths and what makes you the amazing person you are.

So if you're feeling stuck in your career, it's time to make a change. The four mistakes I've outlined are common for women in the middle of their careers, but they're also preventable.

By taking care of yourself, staying true to what you want, asking for help when you need it, and comparing yourself to others less, you'll be on the path to success in no time.

Ready to get started? Book a **Clarity Call** with me today and let's discuss the best way to get you out of that rut and into something that you love.

I can't wait to hear from you!

