

## Why your career may be stuck in neutral

by ADMINISTRATIVE PROFESSIONAL TODAY on AUGUST 13, 2013 9:00AM  
in CAREER MANAGEMENT, CENTERPIECE, WORKPLACE COMMUNICATION



If you aren't advancing as you'd like and it seems like your career is going nowhere, Joel Garfinkle, an executive coach and author of *Getting Ahead: Three Steps to Take Your Career to the Next Level* offers four possible problems and solutions:

1. **Your passion has fizzled.** “We need to know where our passions and strengths lie and then work to advance them. When we blindly follow the upward path because everyone is doing it, we fizzle.” Think about what really excites you, and then find a way to incorporate those things into your career.
2. **You've shifted into autopilot.** You need to overcome the fear of taking a risk by taking baby steps toward new challenges. “First decide to create a goal to move forward. Envision it. Take other steps. Seek a mentor. Step up your team player skills. Enlarge your network. Ask for feedback. Then communicate your goal to progress with your manager and ask for help and guidance.”
3. **The next step up isn't a place you want to be.** If you look at your boss and dread doing her job, you shouldn't get discouraged. There's more than one path forward in your career. You could move in another direction.
4. **The cons appear to outweigh the pros.** “Sometimes it seems that high success costs you the things you hold valuable in life. ... But it doesn't have to be that way.” Seek out a mentor or coach to help you develop strategies for seeking success while maintaining balance.

— Adapted from “[Somebody, help, I'm stuck: Why you're not advancing](#),” Joel Garfinkle, SmartBrief's SmartBlog on [Leadership](#).