

HOW TO CHOOSE A CAREER

Top Tips from Glen Gerreyn - Author of *Get Your Hopes Up*

Glen Gerreyn was a champion athlete, who at the age of 18 was struck with a debilitating illness that ended his Olympic dream. His debut book *Get Your Hopes Up* shares his story of triumph over adversity as he applied himself to excel in life.

“I know first-hand what it’s like to have your heart set on something that doesn’t work out,” says Glen.

“It can be really daunting when starting out in life to know what choices to make, but this book is aimed at helping young people define their goals and to become inspired by others who have succeeded despite set-backs.”

A few years after being diagnosed with the incurable disease, Ulcerative Colitis, Glen took the \$2 he had left from his disability pension and pursued his dream of starting a youth centre in his hometown in Queensland.

He went on to be named Young Australian of the Year in 1998 for Queensland Community Service and today is Australia’s number one motivational speaker for high school students. Glen has to date delivered over 2,000 workshops in schools around the country.

Get Your Hopes Up is a personal work book for young people to define their ambitions in life.

Glen has developed the following tips for students and school leavers when deciding on a career path:

1. **Follow your passion – too many people end up in 9 to 5 jobs that are unfulfilling.**

Finding your purpose in life is all about identifying what you are passionate about and where your talents lie.

While it is good to seek advice from parents, peers and mentors, it’s up to you to identify your true interests. Make a list of the things you love doing and where your talents lie. You may require training and practice to improve your skills, but if it is passion that is driving you to achieve your goals, the negatives shouldn’t hold you back.

2. **Set goals – be specific about what you want out of a career – from your financial goals to lifestyle ideals.**

Are you looking for travel, flexible hours or long term career progression? Deciding what your specific priorities are will help you to establish and ultimately achieve your goals.

3. Explore different career fields - many careers exist today that most people would never considered some years ago as they simply didn't exist.

Talk with a career counsellor at your high school or TAFE/college and take advantage of resources available online or at your school's career centre. But think outside the box. Don't be afraid to dream about what new things are coming to the marketplace and how you could get involved?

4. Establish mentors – study the people who are already living your dream.

Who are the people you admire in the areas you are interested in and how did they get to where they are?

Like I did with sprinters, expand your knowledge of leaders in your field of choice. Watch, listen and learn about how they do what they do and how they got to where they are today. You can choose people who inspire you from afar, but you also need someone who is accessible, someone you can meet face-to-face who can give practical advice each step of the way.

5. Gain some work experience - try interning, volunteering or shadowing a professional in a field that interests you.

Not only will you gain experience, but you will also be able to decide if you would enjoy working in that career every day.

"I'm privileged to work with young people and teenagers every day," says Glen. "I speak at around 300 high schools to about 100,000 teenagers every year. I get thousands of e-mails from students telling me their stories. Along with continuing to speak at schools, I have now included the tools and strategies in this book to help any young person to get motivated and start following their dreams."

Get Your Hopes Up is available from March 30th 2010 (RRP \$27.95) with a percentage of proceeds donated to the Australian Crohn's and Colitis Association.

For more information visit www.getyourhopesup.com.au

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