



VANNESSA MCCAMLEY

# SUCCESSFUL CHANGE STARTS WITH YOUR BRAIN'S WELLBEING

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There's potentially a 'great resignation' on Australia's horizon. Many have experienced burnt out during the pandemic, so it's no surprise many of us are considering a change of profession and lifestyle. A new job is the modern version of the post-break-up haircut.

## MY SITUATION

Like many people, I have used downtime to reflect on my 27-year career. Over those years my professional calling has pivoted several times. Before landing my current gig, I was already feeling some discontent.

By age 26 I had changed my profession and my study subjects twice. Working an average 80-hour week, living on a diet of stress and immediacy to please everyone except for myself, will do that to you.

Change can be disruptive, and there is great value in pivoting to find happiness and fulfilment. However, there is a difference between seeking something

new because it is the right thing to do versus seeking change as an escape from total exhaustion. The latter situation will likely re-emerge in a new job if change is only a band-aid for a deep problem.

## REASONS FOR CHANGE

Good reasons for changing jobs include:

- Increased flexibility
- Better work/life balance
- Working for an inspiring leader
- A more enjoyable team environment
- Experiencing the personal satisfaction of making a difference.

Burnout resulting from deep unrest is not a good reason. Recommend taking a break to re-energise your brain and body before making important decisions like changing careers.

## WORK SHOULD COMPLEMENT YOUR LIFE

Difficult times reveal the things we value most. And

the challenges of the present create the impetus for reinvention or a change of career path.

Over the last two years the wellbeing and mental stamina of many of us have been pushed to their limits. And we're feeling it.

Humans are social creatures. We require connection and we gain stimulus from others. We also require downtime, exercise and good food to function properly. In lockdown, few of those needs were fully met.

Changing jobs can feel like the solution. However, once the adrenaline of a new gig passes, the underlying self-neglect that drives change will return unless that change is accompanied by a purposeful focus on wellbeing and on better professional outcomes.

### FINDING YOUR LIFE'S WORK

Through helping people [understand their brain](#) to achieve more in the workplace, I've learnt that abrupt decisions and moves can often be a reaction to an adverse environment rather than a deep need for change.

The good news is that the latest neuroplasticity research shows we never stop learning. When enabled to succeed our brains can build new and lasting behaviours that improve wellbeing and performance, regardless of age.

The key to changing your brain is to carve out space for a daily check-in, even when you have a lot on. This allows you to better face known and unknown obstacles, and to let go of behaviours that no longer serve your purpose. This means ensuring you have:

- Good diet
- Movement
- Sleep
- Social connection
- Gratitude
- Relaxation and mindfulness

I was able to let go of the expectations of other people that led me to becoming a perfectionist. The trials of pivoting taught me to be resilient. That resilience led me to find what I love most: helping others to navigate obstacles in more brain-friendly and healthy ways.

### IN CONCLUSION

Finding a rewarding career is not always a walk in the park: there can be challenging times along the journey. As scary as it sounds, there is nothing wrong with admitting your needs are not being met. I encourage you to first consider what those needs, and your purpose, really are.

*"The cave you fear to enter holds the treasure you seek."*

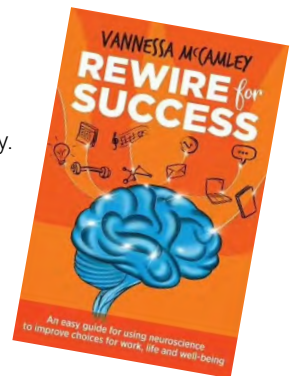
*-Joseph Campbell*

### ABOUT VANNESSA MCCAMLEY

A leadership and performance expert, specialising in neuroscience practices to help individuals and businesses grow in meaningful ways whilst delivering measurable results in healthy ways.

With a passion for helping people and businesses to overcome obstacles allows them to reach their strategic goals. Bringing over 20 years business experience working extensively with individuals at all levels and spanning across several industries with a strong background within the IT Security Industry.

Vannessa is the book author of **REWIRE for SUCCESS** – An easy guide for using neuroscience to improve choices for work, life and wellbeing.



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