

MEDIA RELEASE

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New Year, New Career How to take charge of your life in 2023

Thinking of making a career change? There's no better time than the new year to design a career that makes you happier.

Post pandemic, record numbers of people are thinking of changing their job, career or location and approach to work. Career coach Tanaz Byramji, co-founder of the World of Work said, "The thought of changing career direction can be overwhelming and it can be difficult to know where to begin, but the outcome can be incredibly positive.

"We're seeing a lot of women in particular, reassessing what they want from their careers and prioritising flexibility, fulfilment and wellbeing," Tanaz said.

Whether it be a new role, a new employer, a new industry, or even starting your own business – there are a few things to consider to make a successful career change.

"It's important to firstly identify why you want to change, and how to leverage transferable skills to facilitate the move as quickly and easily as possible, with minimal time and financial investment," Tanaz said.

In order to help navigate a career change or returning to work after some time out, a new innovative program called the [World of Work](https://worldofwork.org.au) has been designed to guide and support women build the confidence, knowledge and skills to take charge of their career – and life.

The program is fully customisable and includes interactive workshops, practical tools and access to dedicated career coaching, all of which can be done in the participant's own time.

"The World of Work program helps you start the journey, whether that's deciding what to do next or how to get there, we provide insights, advice and tactical support to create a unique career plan.

"We spend so much time working, everyone deserves to have a happy and healthy work life," Tanaz said.

The program has been funded by the National Careers Institute, with places available to 500 women for only \$19. Registrations are now open. Find out more at worldofwork.org.au

Interviews available with career coaches and workplace experts Tanaz Byramji, Louise Gillbert and Allan Gatenby

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About the World of Work

The World of Work has been funded through the Australian Government's National Careers Institute Partnership Grants and is an initiative by Tanaz Byramji, of Tanaz Coaching and Consulting, Louise Gilbert, the Director of The Intime Collective, and Allan Gatenby of ACPi Australia. They've collectively worked with hundreds of women to help them return to work, change careers and develop the skills they need in relationship building and communication in order to be happier, healthier and more fulfilled.

Louise Gilbert

Louise Gilbert is a speaker, facilitator, coach and Director of The Intime Collective. With a strong background leading large scale change and transformation programs, Louise is not your typical change management expert. She intersects her expertise with a deep focus on relationships and connection both in and out of the workplace.

Allan Gatenby

Recognised global thought leader in leadership and change. Director of SuccessDNA, Associated Career Professionals International (ACPi), Asia Pacific Career Development Association, Chairman of Board of Governors, Institute of Career Certification International (ICCI). Passionate about individual and organisational performance.

Tanaz Byramji

Insightful career coach and skilled communications consultant. Passionate about enabling people to identify their value proposition, harness their strengths, and optimise their work. She knows how to empower people to market themselves and coaches them in the art of communications to help them achieve success.