

# Career Satisfaction

How satisfied are you in your current career?

To some workers, their profession is an important part of who they are and are satisfied with what they do for a living. Others may look at what they do for a living as only a job, and it provides a paycheck to pay the bills. The professions we choose are an integral part of our lives.

According to the Bureau of Labor Statistics, 67% of American workers want to change careers.

Job and career satisfaction is important due to the fact that we spend a large portion of our lives at work. Being unhappy in your job can have a negative impact on the other areas of your life, such as families and interpersonal relationships, including your social life, and can also impact your mental, physical, and spiritual health.

Many people considering a career change only fantasize about such a change, as they believe the risks are too overwhelming and outweigh the benefits of making such a change. However, changing careers might not always require a major overhaul such as having to sell your home to afford to go back to school. The process may not be this scary, but may merely involve transferring the skills you may already possess to fit those required of a new career opportunity.

If you feel you are at a career crossroads, our office offers a variety of career and personality assessments, which, combined with a thorough clinical assessment, can provide you with detailed feedback as to which careers might suit your personality, interests and abilities.

Career uncertainty can be difficult, but can also be an exciting time as you learn more about yourself, your interests, and your needs.

Call on one of our experienced staff today to initiate a consultation that can be part of a process that may just change your life.

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## GARY BREUER, MA, LPC



My private practice is located in North Scottsdale, within the offices of PsychArizona. I work with children (ages 6 and older), pre-teens, adolescents and adults. I work with individuals, couples and families with issues of anxiety, depression, trauma, grief and loss, career, academic and workplace issues, relationship issues, LGBT concerns, personal growth and spirituality.

I use various therapeutic approaches depending on the needs of the client. These approaches include developmental, humanistic, cognitive-behavioral, existential, family-systems, mindfulness-based, transpersonal, and EMDR (Eye Movement Desensitization and Reprocessing). EMDR is a model used for the treatment of trauma, and has also been found to be successful in the treatment of various other disorders as well.

I have experience providing professional counseling in clinical, business, and school settings.

Apart from my private practice, I am also a Reiki Master and have a great appreciation and respect for alternative as well as conventional treatment approaches.

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