

# PASS ON FRIENDSHIP WITH CAREER ADVICE BENEFITS

JOANNE RICHARD  
SPECIAL TO POSTMEDIA NETWORK

With friends like these, who needs enemies? Friends mean well when they offer up their opinions on your latest work drama and trauma but their well-meaning career advice is probably the last thing you should take.

You could end up worse off than just being stuck in a disappointing job. How about jobless and taking up residence on your mom's pull-out? Add to that friendless, too — resentment is bound to take its toll on your good times. Take their two-cents worth and go spend it somewhere else — and not anywhere near the office.

Unsolicited advice is synonymous with friendship. You job rant about your bully boss and punishing hours and they take the bait. How many times have you heard: "Just quit! You'll find something else. You have to follow your dreams." Well, it could be a nightmare if you jump ship without something else lined up first.

Beware of friends with benefits of the advice-giving kind. Sure opinions range from diet fumbles, relationship rumbles and workplace stumbles, but friendships should tread carefully in the workplace arena.

"Not recognizing or ignoring that doling out career advice is crossing the line for some people can certainly play a role in tanking a friendship," says Crystal Campbell, career coach at c2coaching.ca.

Ultimately you're the chief choice maker, stresses Eileen Chadnick, of bigcheese coaching.com. If you heed and lead with their suggestions and it doesn't pan out, hold yourself responsible and be gracious to those who offered ideas.

Campbell admits there are certainly benefits that can come from turning to friends, similar to crowd-sourcing for confidence. "Your friends can likely list in double quick time your strengths, attributes and



GETTY IMAGES

Relying on friends for support and advice is good practice, except when it involves career advice. Bad advice can ruin a career and a friendship.

accomplishments. They can remind you of what makes you awesome in areas that you may have overlooked or even forgotten. This can be a boost to your self-esteem and even help psyche you up for an interview."

Taking counsel from your inner circle can feel good, since they understand and get you. And they can offer another perspective pronto, says Campbell. "There are likely friends in your contact list that you can reach out to 24/7. No appointment needed."

Just be sure to sure to balance their words of wisdom with own internal wisdom, adds Chadnick. While successful career navigation requires listening to others, it also calls for sound independent judgment, decision-making, and self-awareness on your part. Don't rely

on others to know you best — that's your job.

"Diversify your sources and practice due diligence. Listen to ideas and advice from friends but make sure you also talk to others and do your due diligence," she says. Talk to others, network and get out there and ask people truly in the know the hard questions.

If you do choose to go down the path of receiving advice, there are some safeguards to take, says Campbell.

Ensure, like in any relationship, you establish comfortable boundaries. "Just because they are card-carrying friends doesn't give them carte blanche to comment on every aspect of your career. Let them know what topics are within bounds, like what's the sharpest suit in your closet to wear for an inter-

view, and what's off the table such as financial compensation."

Keep an open mind. "There is something to be said about the expression, a wise person knows that there is something to be learned from everyone. If you stay closed to friends' insights, you might miss out on something that could generate a new piece of awareness," says Campbell.

Take their advice with a grain of salt, if you must, but there are limitations. Despite their best intentions, your friends are likely not equipped to provide the objective input that will give you your best shot for career success," says Campbell, adding that it's natural for them to view your situation through their own lens and filter that reflects their beliefs, values and aspirations. "This inherent

bias could ultimately cause you to pursue or pass on a career/job that could be pivotal and life changing."

They may have managed their own careers successfully, but without training your friends will lack an understanding of proven career planning frameworks and models that come when you work with a professional like a career coach or counsellor.

The career path taken by your friends and colleagues is not your path no matter how similar it may seem, adds Campbell. Remember that you are, in the end, the expert on you. "No one else has lived in and walked in your shoes every day. So this is really about developing your own trust in self so that you can determine what the best career move and direction is for you."



## EXPERIENCE COUNTS. TRUST AN EXPERT.

Dr. Steven Kirzner has performed over 80,000 procedures. Get high-quality vision correction today. **Now offering IntraLase SBK.**

Call 1-855-306-3937 or visit [seewell.ca](http://seewell.ca) to schedule a free, no-obligation consultation.

Come see us at our new address: 1281 West Georgia St., Suite 101 in Vancouver



**Coal Harbour**  
Eye Centre

Printed and distributed by PressReader  
PressReader.com • +1 604 278 4604  
COPYRIGHT AND PROTECTED BY APPLICABLE LAW