



work  stay

Create a life you love

Career trajectory planning tool: Visualise and create your dream life

As we move through COVID, Australian workers are echoing the global trend known as "The Great Resignation".

The Pandemic has been the catalyst for much self-reflection, for all of us, and now almost half of the workforce is seriously thinking about changing their jobs and redefining their careers. The key drivers being lack of career progression + development opportunities, Stagnant wages growth - [it's always the money]

We know some of you are considering some big moves, so we have put together this handy evaluation tool you can use to really look deeply into your motivations and make the right calls.

We know the wealth of career + lifestyle options regional Australia holds, so while you assess your options, why not consider a life in the regions,

The 221K+ people who relocated regional through 2019-2020, can't all be wrong!

Hope this is helpful and we look forward to hearing from you!



*Click the icon,
to learn more at our website.



Top 3 factors drawing people to regional Australia

- **Seeking a sense of space 77%**
- **Connecting with the natural environment 77%**
- **Overall improved wellbeing 75%**

The word is out on the abundance of opportunity to be had across regional Australia, 233,100 people moved from cities to regional areas in 2020.

People in metro areas are starting to look beyond cities for work life balance, quality of life, pathways to home ownership, employment, career development and mostly some space to breathe.

Work+Stay is a social impact driven enterprise wholly focused on Regional Australia.

There are 70K+ jobs going in regional Australia, and current research indicates 1in 5 Australians are now considering a move to the regions.



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Moving house and changing jobs are universally considered to be stress triggers, so it's important to keep your feet on the ground and acknowledge the challenges involved with a life move.

It's a lot to take on, so we have developed this simple evaluation exercise, that will help you to unpack your motivations and visualise your options.

Just grab a pen and paper, even the back of a napkin or envelope, take a minute and follow the prompts below

Map out your current situation.

How is your work vs. personal or family time functionality ?

Research shows that people are looking to regional areas for an improved and more affordable lifestyle, so let's map out your current situation.

For each of the questions below, make some notes. Be sure to address each question, it really helps to understand where you are, before you begin to define your dream life.

- How does your work impact your personal or family time?
- Do you have job satisfaction?
- Is your current lifestyle supportive to you in your work?
- Do you have the capacity right now to grow and develop- list out some positives and negatives.
- Do you feel your current work and lifestyle will enable you to build wealth and security for years to come?

[illegible]

What would be ideal?

Clarifying your goals by spending a few minutes writing can really help when it comes to making the right call for you and your loved ones

Now the magic wand bit...

Imagine you are 5 years in the future from this moment, you found you were, in fact, a part of the post-pandemic great resignation and you made a move.

Let's imagine that magic wand has ensured the last 5 years have been very kind and your quality of life has really improved. So now describe your life, unpack these best-case scenarios you have in mind for yourself.

List out as statements how you live your life and how you feel about your situation across the following areas:

Personal relationships | Family priorities + commitments | Job satisfaction

Financial stability | Career development + progression | Self-development

Your family, and home life | Your attitude to your work

*It's important to write a statement for each category, as though it is a real and accurate description of the life you are envisioning.



Lets take it one step further.

Clarifying your goals by spending a few minutes writing can really help when it comes to making the right call for you and your loved ones

Staying with your new dream-like life, write another series of statements. Looking at the list below, write exactly how it feels, what does this new regional life look like?

- **Your home**
- **Your commute**
- **Job satisfaction**
- **Your own sense of wellbeing**

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

Congratulations!

It takes courage to honestly assess your situation and begin to visualise another way.

If this exercise has been useful so far, perhaps its time to consider a move out of the city.

This could be the beginning of your regional journey. Can you see yourself joining those looking to build a future beyond the cities?

We take your dreams seriously and we can help you with concrete steps you can take to bring it to a reality!

- Be active in the W+S Talent Pool
- Sign up for our monthly newsletter
- Attend one of our monthly on-line sessions, get the info you need directly from the W+S team and hear from others like you, who are making a move.
- Check our website for our latest available jobs.
- Reach out to our recruitment + Settling-In Support teams, get in touch on our site.



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[*Click this icon to access the Regional Australia Institute's Move to More website: A quick, easy to use resource allowing you to search towns + communities across regional Australia.](#)



[*Click this icon to send an enquiry to the Work+Stay team.](#)

