

Top Tips!
**When is it time
to change jobs?**



HASSON ASSOCIATES

Evaluate

Considering changing jobs? Evaluate the following factors to **determine if your current role aligns** with your **career and personal aspirations.**

Growth

If you aren't **learning** or **advancing** in your current role, it might be time for a change.

Happiness

Persistent **dissatisfaction** or a **decline** in overall **job satisfaction** could be a clear sign.

Environment

If you feel the **culture** is **toxic** or **doesn't align** with your **values**, it's worth considering a change.

Burnout

Consistent **exhaustion** and feeling **overwhelmed** can be a sign that the job is taking a toll on your wellbeing.

Work-life balance

If the job demands are **excessive hours** and **disrupts** your work-life balance, it may be **unsustainable**.

Finances

If you're consistently **underpaid** or financial stress is affecting your life, it may be time to explore other opportunities.

Recognition

Feeling consistently **undervalued** or **overlooked** despite your efforts can be **demoralising**.

Personal goals

If your **personal or professional goals have evolved**, and your current job doesn't align, it might be time to move on.

Remember!

We are here to help!

We are a specialist team of recruiters, focused **exclusively** on the **research data** and **insight** sector. Our methods are simple; **we invest in you**. We invest our **time and energy** into **your career at every stage**, from the **first step** to that **board-level role**.

Get in touch if you'd like to discuss your career options.