

You may have just secured the job you've been longing for. You're eager to take on a new challenge, and you realize that this may be one of the most important phases of your career. Still, you might be finding it difficult to move out of your current position. Given the opportunities ahead, how can this be?

The comfort zone

The fact is, no matter how much you look forward to the job ahead, it can be painful to leave your current job behind. That is because your present position represents comfort and security. Chances are you have invested a great deal of your time and effort in your current job. And, no matter how confident you appear to outsiders, you might be wondering whether you are prepared for new challenges.

Saying goodbye

When you leave a position, you are not simply bidding farewell to your job duties. You are also saying goodbye to your co-workers, who might have become your close friends. Certainly, you can still see your associates, once you leave your job. However, your relationships with them may change significantly because you may not be seeing them everyday. There is a certain camaraderie that develops in the workplace that is difficult to duplicate elsewhere. Therefore, when you leave a job, you are saying goodbye to a whole way of life.

A bitter parting

Leaving your current position can be difficult, even if you have not been entirely happy in your job. You may be wondering if co-workers believe that you have been forced out of your position. Your departure could lead to rumors of layoffs to come. If other departing employees have received a going away party and you haven't, you might feel demoralized. You might even wonder whether the bad feelings you've encountered in your current job will continue in your new position.

Making a smooth transition

Even though your departure may be hard, there are ways to make your transition to your new job smoother. For instance, you can make a resolution to keep in contact with the employees at your former place of employment. These get-togethers will remind you of the old times and can help you feel less lonely as you venture out into uncharted territory in your new position. Even sending an occasional card or letter to your former co-workers can help you to stay in contact with your "former life."

Another effective thing you can do is to make sure that you don't leave work unfinished at your former workplace. By ensuring that records and correspondence are up to date, you will be able to leave your department in good shape. As a result, you will be leaving your job on good terms. That could help you on down the line, if you need a recommendation for another position.

Face your fears

Leaving your job can lead to all kinds of fears, both rational and irrational. The important thing is to recognize this fact, so you can deal with your fears head-on. In this way, you will be in a better position to tackle problems at your new place of employment.