Stages of career planning

1. Exploration
2. Establishment
3. Mid-career
4. Late Career
5. Decline
6. It represents the pre-employment stage.

It mostly begins in mid-twenties as many of us end up our education and start working somewhere.

Most of our choices at this stage are influenced by our family, teachers, and friends.

In this stage we develop a lot of expectation related to the job.

The problem arises in mid-30’s when our earlier choices are tested.

1. This stages covers 10 years from 25 onwards

This stages begins with anxiety, mistakes, learning and recovering

Later in this stage, an individual tries to get settled on a job in some organisation.

Everyone tries to establish himself in society.

In the early part of the stage, individual has junior status with relevant job skills.

By the end of this stage, individual get settled and all set to accelerate.

1. The stage ranges from 35 to 45 yrs of age

You are no longer a learner and you are counted as seniors

In this stage, individual suffers from mid crisis.

The crisis is all about getting into critical evaluation. With spouse, kids and parents around

One always face difficulty is maintaining a good work life balance.

1. This stage continues for 20 years from mid-forties.

From this stage either you maintain, you grow, or you may stagnate as well.

You can relax at this stage as you hold a respected position in the organisation.

Individual has a varied experience and even mentor new people as well

Individual gets locked into their current job in this stage.

1. At this stage, individuals mostly retire or they are forced to step out of limelight.

It is the hardest stage for those who are high achieves in earlier stages.

This may create frustration as so many jobs left behind.

One must be ready for this retired life and try to engage in various other activities.

One must give chance to others.