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## **Break Free from Career Stagnation**

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A [report](#) from the University of Phoenix reveals that workers and employers are facing a critical moment of talent stagnation in the workplace.

Workers are more than twice as likely to feel like they do not have the ability to advance in their career at their current job when their company does not currently provide a mentorship program (49% vs. 18%), skills development opportunities (55% vs. 23%), internal mobility (55% vs. 19%), or career path guidelines (53% vs. 19%).

Career stagnation can happen to anyone, at any point in their professional journey. It's that feeling of being stuck in a rut, with no clear path for growth or advancement. While it can be frustrating, there are steps you can take to overcome career stagnation and reignite your passion for your work.

### **1. Identify the cause.**

The first step in overcoming career stagnation is to identify the root cause. Are you feeling unchallenged in your current role? Are there limited opportunities for growth within your organization? Are you in a field that is not aligned with your passions or strengths? Once you have identified the cause, you can start to develop a plan to address it.

### **2. Set goals and plan ahead.**

Once you have identified the cause of your career stagnation, it's time to set some goals and put a plan into action. What do you want to achieve in your career? Where do you see yourself in the next 5, 10, or 15 years? Once you have a clear vision of where you want to go, you can start to develop a plan to get there. This may involve taking on new challenges, seeking out new opportunities, or even making a career change.

### **3. Invest in yourself.**

Investing in yourself is crucial for overcoming career stagnation. This can take many forms, such as pursuing further education or training, attending conferences or workshops, or seeking out a mentor or coach. By investing in yourself, not only are you improving your skills and knowledge, but you're also demonstrating to your employer and colleagues you are committed to your personal and professional growth.

### **4. Network and seek out new opportunities.**

Networking is a powerful tool for overcoming career stagnation. By connecting with others in your field, you can learn about new opportunities, gain new insights, and expand your professional circle. Attend industry events, join professional organizations, and don't be afraid to reach out to others in your field.

### **5. Don't be afraid to take risks.**

Finally, don't be afraid to take risks. Overcoming career stagnation often involves stepping out of your comfort zone and taking on new challenges. This may mean taking on a new project, seeking out a new role, or even making a career change. While change can be scary, it can also be incredibly rewarding and can help reignite your passion for your work.

Career stagnation can be frustrating, but it is not unbeatable. By identifying the cause, setting goals, investing in yourself, networking, and taking risks, you can overcome career stagnation and reignite your passion for your work.

Express Employment Professionals Pittsburgh West office is located at 6200 Steubenville Pike, Robinson Township, PA and our second office is located at 699 Pennsylvania Avenue, Monaca, PA. Our offices serve the western suburbs of Pittsburgh and the Beaver County area. Local businesses and applicants are encouraged to stop by our office, visit our [website](#) or call 412-494-2000.