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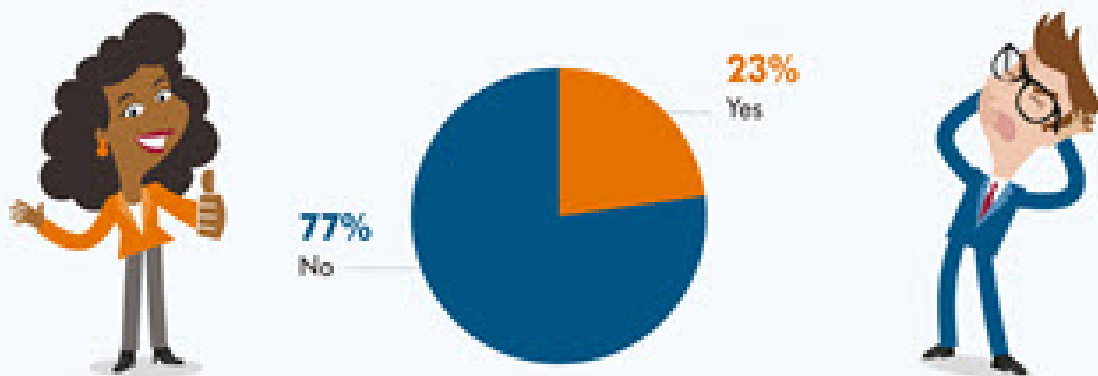
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true when it comes to your career? In a recent survey from staffing firm Accountemps, 23 percent of workers polled said they have regrets about leaving their former ...

Aug. 18, 2017

THINK BEFORE YOU LEAP

**Almost a quarter of professionals
have regrets about leaving a former job.**



Workers cited the following as their biggest regret:

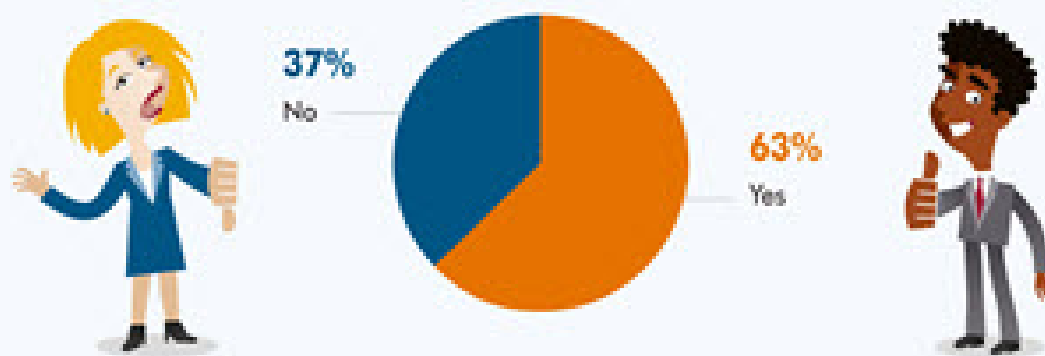




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rejoining a previous employer.



Here's what it would take to draw them back:



*Responses do not total 100 percent due to rounding.

Source: Accountemps survey of more than 1,000 U.S. workers employed in an office environment.

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There are no regrets in life, they say, just lessons learned. But does that adage ring

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would take better pay (52 percent), promised opportunity for growth (15 percent) or a flexible schedule (15 percent) to entice them back, according to the survey.

“Leaving one job and starting another is exciting, but it can also be a stressful decision,” said Michael Steinitz, executive director for Accountemps. “If you’re unhappy with your current role, carefully consider your options before you make a move you might regret later.”

Professionals who carefully weigh their options before quitting a job are less likely to regret their decision, but they may still feel remorse. Steinitz added, “It’s normal to be nostalgic about a former job, but you probably had a good reason to leave.”

Do-overs are hard to come by in the corporate world. Accountemps offers a checklist of steps to take before and after deciding whether to leave your current employer:

If you're unsure about leaving

- 1. Address dissatisfaction.** Try to resolve the issues that are making you consider a move. Request a meeting with your manager to discuss why you're unhappy, and try to come to a resolution.
- 2. Talk career path.** Use the meeting with your manager to discuss potential growth opportunities within the company. If you do not feel challenged, ask for opportunities to work on bigger projects or ways to gain new skills.
- 3. Take a break.** A heavy workload may be causing added stress, as you try to balance demands of the job and personal responsibilities. Use vacation time to relax and recharge – you may come back feeling satisfied and doubts may have disappeared.
- 4. Do your research.** If salary is the primary reason for wanting to leave and your requests for a raise have gone unanswered, investigate what someone in your position with similar experience is making in your market. Resources like the [Robert Half Salary Guides](#) can shed light on starting salaries.

5. Network. Reach out to contacts in your industry to see what the employment

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the transition during your final days.

7. Be wary of counteroffers. Now that you've quit, don't look back and renege on your agreement with your new employer by accepting a [counteroffer](#). It not only burns bridges, but it likely won't resolve the original issues you had with your current job.

8. Give helpful feedback. If an exit interview isn't offered, request one. Be honest but tactful in your feedback. Your constructive criticism could help improve the workplace.

9. Stay in touch. Leaving good friends and mentors is one of the hardest aspects of changing jobs. Exchange personal contact information, add them to your professional online network and meet up occasionally to stay connected.

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