



Book Review by Lisa Sansom Volume 12 Issue 4

Title: Inspire Your Career: Strategies for Success in Your First Years at Work

Author: Patricia Barbato

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Starting a new job, a first job, can be more of a shock than we realize. Typically, a new grad has been around people for most of his life – you would think he would know how to interact with people in his new company where he has his first job. A new grad has been training for years for her chosen career – she has done an apprenticeship or been to college or attended university and has taken a barrage of assessments that seemingly prove that this job is the right one for her. And yet, in those first few weeks, months and years on the job, an entire professional image is being crafted – one that can make or break you for years to come. Barbato tackles this matter head-on, helping new employees see that work and life are different out there. She encourages students to, for example, shift from school mentality to work mentality: how you need to redefine yourself and realize that friendships may change; that vacations need to be planned and requested; that budgets need to be created and adhered to; that parents shouldn't be relied on as significantly. Barbato also encourages new employees to consider how they interact with their boss – and that it is the employee's responsibility to figure out what the boss wants, not vice versa. Overall, Barbato does a good job setting the new grad up for workplace success, and she doesn't rely on generational stereotypes to do it. If you know someone who will soon be entering the workplace, do them a favour – put this book on their desk. It may be the most important text they crack.