

About Me



Hello. My name is Rob Archer. Thanks for dropping by.

I'm an Occupational Psychologist specialising in career decision making, meaning and wellbeing at work.

After university I was a management consultant, mainly because I thought that's what I should be doing. It was fun, at times, but overall I felt that something was missing from my life. That thing was meaning. What really fascinates me is human beings, and what makes them tick. So I made the painful decision to retrain as a psychologist.

Now I help people who feel stuck in their careers. I help them get unstuck and heading in a meaningful direction. I also help people cope with the anxieties and doubts that come with career change.

I live and work in London. I like sport, dogs, newspapers, cheese and *Seinfeld*.

[My Services \(link\)](#)

My Research Interests

- Meaning in work
- Mindfulness and Acceptance and Commitment Therapy (ACT) in the workplace
- Career decision making and [Career Paralysis](#)

My Details

- [Website](#) – remarkably grown up
- [Blog](#) – surprisingly useful
- [Twitter](#) – surprisingly silly
- [CV](#) – check my background
- [E-mail](#) – I do love a good e-mail

My Career Services

1 to 1 coaching:

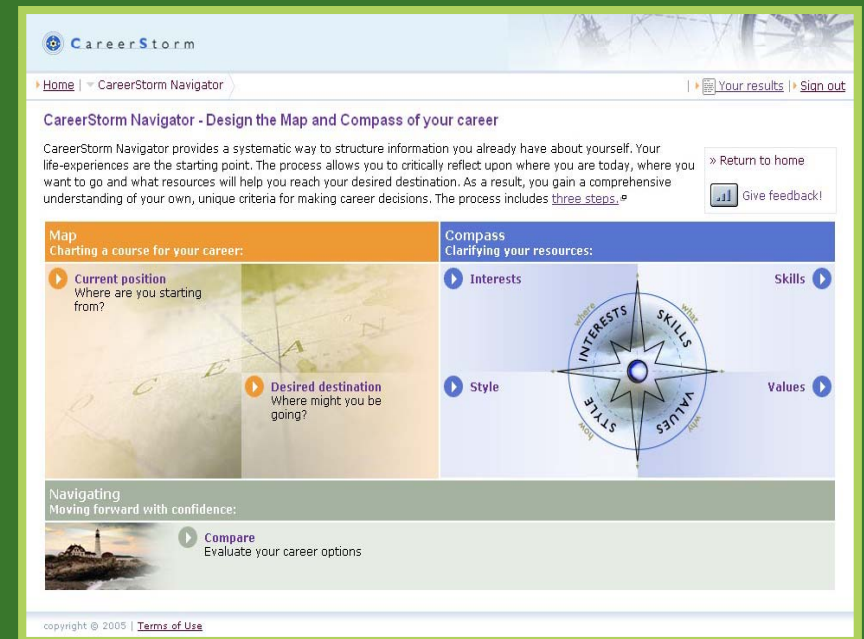
- Free introductory session and materials to structure your career decision.
- Support you with 1 to 1 career psychology sessions (in London) tailored to suit your needs.
- A menu of top-class psychometric tests covering personality, strengths and work style preferences.
- Prices vary depending on your ability to pay and how willing you are to make progress by yourself.

Online - CareerStorm Navigator:

- I hold the UK license for *CareerStorm Navigator* and use this to work remotely with clients.
- This is the only software to help structure a thinking process rather than 'match' you to a job. As recommended by [What Color Is Your Parachute](#).
- I'm currently having a [special offer](#) on CSN plus 1 to 1 sessions.

Group Career Courses:

- The first course of its kind in the UK – we'll cover everything you need to get your career decision heading in the right direction. Coming soon!



The screenshot displays the CareerStorm Navigator website. At the top, the logo 'CareerStorm' is visible. Below it, a navigation bar includes 'Home', 'CareerStorm Navigator', 'Your results', and 'Sign out'. The main heading is 'CareerStorm Navigator - Design the Map and Compass of your career'. A descriptive paragraph explains the tool's purpose: 'CareerStorm Navigator provides a systematic way to structure information you already have about yourself. Your life-experiences are the starting point. The process allows you to critically reflect upon where you are today, where you want to go and what resources will help you reach your desired destination. As a result, you gain a comprehensive understanding of your own, unique criteria for making career decisions. The process includes [three steps](#).' To the right of this text are links for 'Return to home' and 'Give feedback!'. The interface is divided into three main sections: 1. 'Map: Charting a course for your career:' which includes 'Current position: Where are you starting from?' and 'Desired destination: Where might you be going?'. 2. 'Compass: Clarifying your resources:' which features a central compass graphic with 'INTERESTS', 'SKILLS', 'VALUES', and 'STYLE' around it, and buttons for 'Interests', 'Skills', 'Style', and 'Values'. 3. 'Navigating: Moving forward with confidence:' which includes a 'Compare: Evaluate your career options' button. At the bottom left, there is a copyright notice: 'copyright © 2005 | [Terms of Use](#)'.

Career Paralysis

My typical client feels completely stuck.

Generally, they either want to leave their job or expect to be leaving their job shortly.

Trouble is, they often do not know which direction they want to head in next.

They are often confused and weary of going round and round in circles.

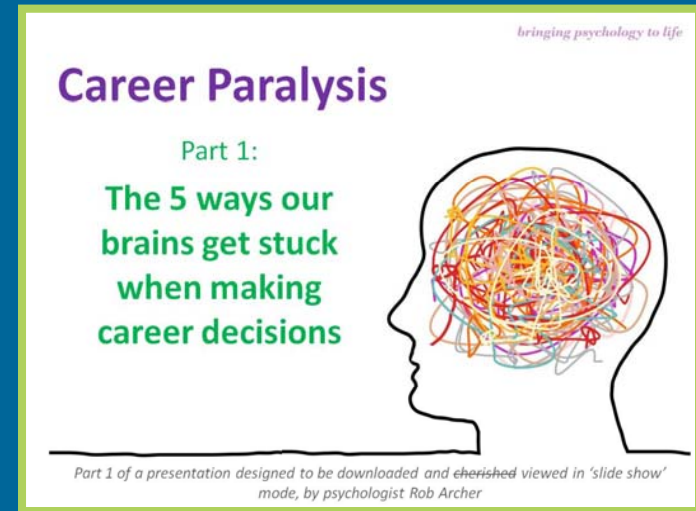
I call this career paralysis.

This is certainly something I have experienced. I left my management consultancy to become a psychologist 6 years ago. But only after about 5 years of agonising before that.

So I wrote a presentation about the problem. It's about what causes career paralysis, and what you can do about it.

Download by clicking the images on the right.

Part 1



Part 2

