

# Resignation remorse, the right reasons for leaving

 By [Juliette Atwell](#)

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To kick off the BizCareers Column this week, we look at two very valid questions around resignations and starting at a new job - both very daunting yet exciting milestones in your career path.

## The right reasons for leaving

***"I have recently resigned from my company as I was asked to do something that I, personally, did not agree with - namely, keep tabs on incoming and outgoing calls to find out what staff are talking about. I am now looking for a new position elsewhere... should I mention my reasons for leaving my previous company?" - Felicity W***

Hi Felicity,

Your reasons for wanting to leave are completely legitimate and should not be seen as a negative. I would be open and honest in your next interview when it comes to this, however make sure not to bad mouth your current employer as this generally doesn't go down well in an interview.

You could say something like: "I have learnt an incredible amount from my current employer and they are a very successful company, however I have been asked to keep tabs on my colleagues movements which I am really not comfortable with as I don't feel it is necessary or respectful. I would also like to grow more in a new environment and would therefore like a new position."

I hope that helps!

## Resignation remorse

***"I recently applied for a position, and was successful. However, it has since come to my notice that the company in question has a less than stellar record when it comes to its treatment of its employees. What are my options?" - Brian C***

Hi Brian,

Good question! Before making any hasty decisions I would really get to the bottom of this, and try find out both sides of the

story. Your source may be someone that has been disgruntled for years because he is actually an underperformer and therefore not rewarded, or has had a personal clash with their manager and just can't seem to see eye-to-eye.

You may find that it is actually a fantastic company to work for and you just got the wrong end of the stick. Perhaps see whether you can arrange a meet and greet with the rest of your future team before your start date, you can try find out information here. If you have not signed a contract of employment yet then there is always time to politely decline and move on. However, if you have signed a contract, renegeing on it may very well cast you in a bad light in the company as well as the industry so think very carefully before doing so. Remember it is completely natural to feel apprehensive and anxious about starting at a new company. It is probably one of the most stressful situations you'll encounter in your life, so I'm not surprised you're doubting whether you've made the right decision, that's completely normal. What you need to decide now is whether your fears are just nerves or whether there really is some substance to it. Research and try to gather as much information as possible so that you can make a truly informed decision. At the end of the day however it is your career, and of utmost importance is that you're happy in your new job and company.

Remember to always love what you do!

Juliette

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## ABOUT JULIETTE ATTWELL

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