



2025

Career Growth vs. Job Stability

**Making Informed
Decisions in Today's Market**

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Making Informed Decisions in Today's Market



One of the biggest questions keeping professionals up at night this year is:

"Do I chase growth and new opportunities, or hold onto stability?"

There's no easy answer. Many people feel stuck between the urge to level up their career and the need to feel more secure.

In the UK, hiring is slowing, while employment costs rise. In America, hiring cycles are growing longer and longer. Australia is dealing with critical skill shortages, and in Canada, economic shifts are forcing companies to rethink their long-term plans. Everyone is struggling.

It's no wonder that 72% of job candidates say job hunting harms their well-being. Finding the right role is incredibly difficult, but staying put isn't always the best bet, particularly as companies move forward with AI and automation.

So, how do you ensure you're taking steps to support you and your priorities this year?

The Realities of the Job Market Today

From a big picture perspective, the current job market is complicated and continues to change fast. In the UK, changes to tax and the minimum wage affect recruitment strategies. Job vacancies are disappearing fast, and pay growth is cooling.

In the United States, it takes candidates an average of five months or more to find a role, and the challenges are even greater for those with limited skill sets. In Australia, the conversation is still about skill shortages, particularly in major sectors like healthcare and cybersecurity. All the while, companies worldwide are rethinking the skills they need.

With AI and automation reshaping everything, you may soon struggle to keep up if you haven't updated your skillsets. According to CIPD, nine in every ten employees must reskill by 2030. There are still opportunities in this market – if you know where to look for them – but putting growth on hold for stability is becoming more tempting.

Defining Career Growth vs Stability

So, what does it mean to choose between career growth and stability?

Let's talk about career growth first. Growth in a career doesn't necessarily mean chasing bigger salaries or promotions. For many candidates, the focus is more likely on stretching skills, learning new tools, exploring different responsibilities, or gaining exposure to technologies as they emerge.

Growth could mean pursuing a new title, exploring more innovative companies, or even pivoting into a different connected field with transferrable skills. It could also mean developing resilience in the face of change.

Career stability is about predictability. It means finding a job that feels steady, regularly pays the bills, offers dependable benefits, and comes with a leadership team that doesn't change every couple of months. It may not be as challenging or rewarding as pursuing growth, but it gives you balance and supports your life, particularly if you have personal commitments to consider.

Most professionals don't realise that growth and stability don't always have to be mutually exclusive. Sometimes you can find both – a role that gives you peace of mind and learning opportunities. But that also sometimes means making compromises. For instance, a fast-paced start-up might offer great development but little work-life balance.

Assessing Your Personal Risk Tolerance

Deciding whether you will pursue growth or stability starts with assessing your personal tolerance to risk. Often, most people begin with a financial assessment. Do you have savings you can rely on if something doesn't work out? Are you managing hefty student loans, supporting a family, or paying a mortgage? How hard would an income gap hit you?

If your budget is tight, you might prefer to focus on stability. Your position in your career, or "career stage", matters too. If you're just starting out, you might have more room to experiment. You might feel more pressure to climb if you're in the middle of your career.

Don't forget your personal circumstances, either. Are you the primary caregiver for kids or parents? Do you have the flexibility to relocate or work long hours? Sometimes, it's not about what you want professionally but what you can realistically manage right now.

Your mental and physical health count too. If you're already stretched thin or burned out, making a high-risk career leap might not be right.

Try asking yourself a few honest questions:

- If this role didn't work out, how long could I stay afloat?
- What kind of pressure am I already under outside of work?
- Do I feel energized by uncertainty, or does it stress me out?
- What does "too much risk" feel to me, and have I felt that before?

This isn't about fear. It's about clarity. When you understand your limits and values, making decisions you won't regret later is much easier.

Strategies for Growth-Seekers in Unstable Times

If you decide it's time to grow your career, you might be in for a rocky road. But you can still manage the hurdles carefully, strategically, and proactively.

Target High-Demand Skills

Start with your skillset. Building skills that matter to today's employers is the fastest way to ensure you stand out and boost your chances of getting a new role.

Focus on a blend of relevant hard skills, AI proficiency, data analysis, digital literacy, and soft skills like communication and resilience. Find out what skills are showing up on job descriptions if you don't know where to start. Remember, you don't have to earn entirely new certifications either. Micro-credentials and online courses are great ways to learn.

Demonstrate Your Adaptability and Learning Mindset

Your personal brand matters in a growth-focused job search. That doesn't mean becoming a thought leader overnight; it just means being visible and intentional.

Polish your LinkedIn profile to highlight what you've accomplished lately, the types of projects you've been working on, and your interests. Share industry insights or project takeaways that show you're engaged and curious. Let recruiters and hiring managers see your learning mindset.

Look for Growth Inside Stability

Remember, you don't have to choose between a fast-moving startup and long-term security. Some larger, well-established companies offer internal mobility, leadership development programs, and innovative opportunities, with the bonus of a reliable paycheck and benefits.

Strategies for Stability-Seekers That Don't Sacrifice Growth

Before committing to a "stable" job, ensure it's built to last. A big name or long history doesn't guarantee security anymore. Look into a company's financial reports, recent news, and industry trends.

- Are they hiring or downsizing?
- Are they investing in innovation or cutting corners?

Stability often exists in sectors that weather economic storms well, such as healthcare, education, utilities, and public services. But even within those, evaluating how each organisation supports its people during tough times is important.

Find Employers Who Promote From Within

Some companies commit to offering long-term careers. Look for businesses known for internal mobility, learning programs, or leadership development tracks. These environments allow you to stay in a secure role while gaining new responsibilities, skills, or even a promotion.

During interviews, ask about the path to promotion or for examples of people who have grown their careers internally at the company.

Invest in Transferable Skills and Specialist Skills

You don't need to jump roles every year to keep growing, but you do need to stay sharp. Focus on building **transferable skills** like project management, communication, digital literacy, and emotional intelligence. These abilities add value in any workplace.

They make you more effective where you are now and more agile if circumstances change later. If you want to boost your chances of a promotion, specialist skills can be helpful too. Consider earning specific credentials that will make you crucial to a company's growth.

Nurture Your Professional Reputation

One of the most valuable forms of career insurance you can invest in is your professional network. Even if you're not job-hunting actively, make sure you stay connected. Attend industry events, join relevant associations, and build relationships with mentors.

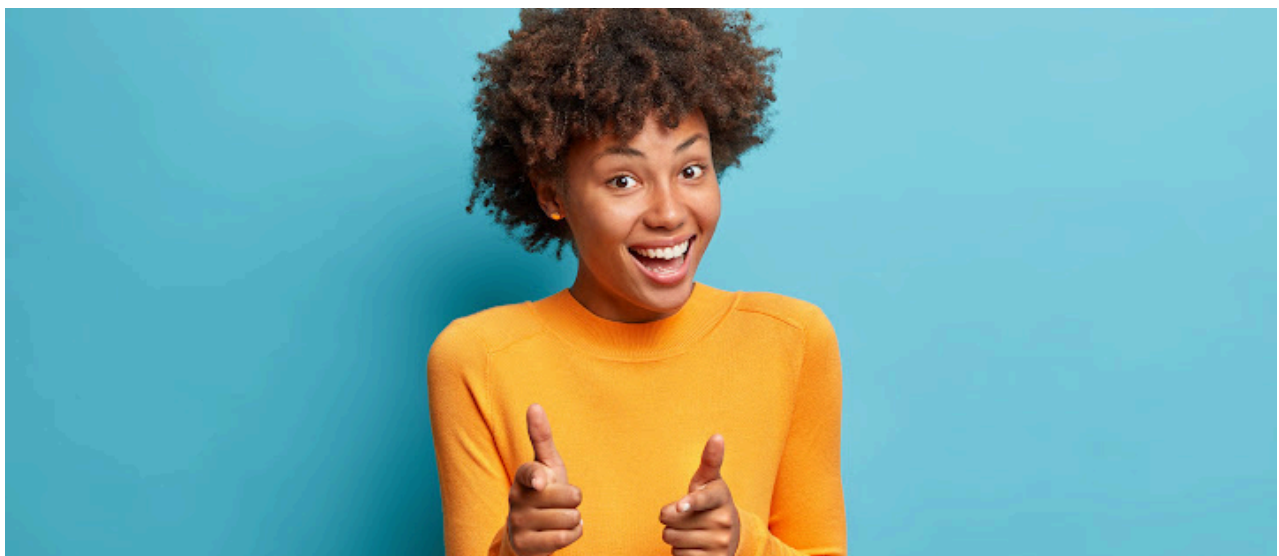
The more you connect and expand your professional reputation, the more valuable you become to companies searching for talent.

Career Growth vs Stability: Making Your Decision

It's time to decide once you've taken stock of the current market and reflected on your priorities. What do you want to focus on right now? Remember, you can change your mind later, but for now, ask yourself some key questions:

- **What are my non-negotiables in a role?** This could include flexibility, culture, benefits, whatever you need to feel happy in a role.
- **What does success look like for me in 2–5 years?** Try to picture it. Is it a bigger title? More freedom? Work-life balance? A sense of purpose? Let that vision shape your next move.
- **How does this choice align with my long-term goals?** Which path will open more doors for you down the line, or give you a sense of fulfilment?
- **If it doesn't work out, what's next?** Do you have a backup plan if your current choice doesn't pan out as expected?
- **How will this impact my mental health and overall well-being?** Always put your health and well-being first. Your next step should support you, not just your career.

Remember, no decision has to be final. Careers are long and nonlinear. All you need to do is decide what's right for you right now. If you're struggling with that, remember that recruitment companies are always available to help you.



A little about Recruit Recruit Ltd



When you're looking for top talent, great team and culture fit, and that "just the person we're looking for", we've got you covered, having over 30 years' experience in recruitment, sales, recruitment sales, leadership and training.

In business, people will be your greatest asset.

They can also bring your biggest problems, so we've assembled the 'people problems people' to help in all areas.

We work with businesses of all types and sizes and they are often at different stages and have varying levels of internal resource and expertise. Your needs may be very different to our other clients so we have a range of DIY, done with you, and done for you options available.

We specialise in:

- Permanent & Interim Recruitment
- Executive Search & Critical Hires
- Start-up & Scale-up growth projects
- Freelance Internal Recruiters
- HR Consultancy & Services
- Training & Development

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