

What to do when you hate your new job?

You managed to make it through multiple interview rounds, successfully negotiated your salary, have signed on the dotted line and yet somehow, you hate your new job and don't know what to do. For starters, take comfort in the fact that regretting your decision isn't a reflection on your professionalism or commitment issues (or lack thereof).

Temps de lecture : minute

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In fact, “Shift Shock” or new hire’s remorse is a common workplace phenomenon and 72% of new hires have experienced that sinking feeling of starting a new job and realising almost immediately that the reality is a lot different to what you were promised on paper.

Next steps

So what should you do once you’ve come to the realisation that your new job isn’t the right fit?

For starters, take a step back and look at the bigger picture. Could the main areas of contention be resolved as time passes and you become more familiar with how your team or manager works?

Is there scope for you to take more ownership of your day to day so you can craft the job you really want to do? Could you start going into the office more often to form a better bond with your team or make the onboarding process easier?

Sometimes, teething problems can seem monumental at first, but some small tweaks to your ways of working can smooth things over.

No going back

However, if you feel like you've tried everything to make your work life better, looking for a new opportunity might be the best course of action.

And while you might think you have to put in a solid year, the vast majority (80%) of workers now think it's acceptable to leave a new job within six months if it isn't working, or the role isn't a good match with your skills and experience.

Just make sure you are completely transparent on your CV instead of creating an unexplained gap instead of disclosing a short tenure.

According to a separate study, 49% of employers believe that candidates should be 'prepared to explain' any kind of career break to prospective employers.

Instead, when asked about why you walked away from a job less than one year into it, explain that your skills and experience weren't compatible or that the company's values didn't align with your own and you didn't research this sufficiently before accepting the job offer.

According to Glassdoor, 83% of job seekers in the UK research company reviews and ratings before deciding where to apply for a job.

Ready to look for your next opportunity? The Maddyness Job Board is the perfect place to start your search as it contains thousands of jobs across tech, including the three below.

Senior Cloud Solutions Engineer, Northrop Grumman, Cheltenham

As a *Senior Cloud Solutions Engineer* at Northrop Grumman you will support customers in their journey to refactor, replatform and rehost their mission critical systems into AWS. As such, you will work as part of a team to design, build and maintain AWS and hybrid-cloud systems, administer systems based on Linux and Windows operating systems and maintain and troubleshoot IP networking systems for AWS and hybrid-cloud systems. [View additional details here.](#)

Systems Engineer, Adwanted UK, London

Adwanted UK is on the hunt for an enthusiastic *Systems Engineer* who breathes Linux, AWS and networking infrastructure to join its team. As a key member of the TechOps team, you will play a vital role in supporting and maintaining web based B2B solutions and internal technical services. This role is a mix of server and network administration, with a dash of staff desktop support (you will have a dedicated desktop support engineer to assist). [See the full job description here.](#)

Operations Analyst, eClerx, London

Incorporated in 2000, eClerx provides process management and data analytics services to a number of Fortune 2000 enterprises in industries including financial services, cable & telecom, retail, fashion, media & entertainment, manufacturing, travel & leisure, software and high-tech. It is hiring an *Operations Analyst* to analyse trade and transaction reporting exceptions to identify and resolve causes accurately and on a timely basis, collaborate with sales, trading operations and technology counterparts and complete submission of daily reports, internally and to reporting repositories in various jurisdictions, globally. [Get more information here.](#)

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