

## Career Progression vs Career Plateau (vsdiff.com)

| Criteria                | Career Progression  | Career Plateau  |
|-------------------------|---|---|
| Definition              | Continuous advancement in job roles, responsibilities, and skills.                        | A stage where a professional feels stuck in their career with no prospects for advancement. |
| Motivation              | Higher motivation due to evolving challenges and recognition.                             | Lower motivation often results from stagnation and lack of enthusiasm.                      |
| Skill Development       | Regular opportunities for learning and skill enhancement.                                 | Limited opportunities for growth or skill enhancement.                                      |
| Job Satisfaction        | Generally high as individuals see their efforts rewarded.                                 | Often low due to feelings of being undervalued or unnoticed.                                |
| Impact on Personal Life | Positive effects; increased income and job satisfaction lead to better lifestyle choices. | Negative effects; stagnation can lead to frustration affecting personal happiness.          |

Source: <https://vsdiff.com/career-progression-vs-career-plateau/>