

# Making Career Transitions:

## Successfully Navigate to Your New Future

Introduction Session Facilitated by  
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A Transition can be a time with many emotions and an opportunity to reinvent our whole way of being.

### Strategies to Help with Your Transition

#### 1. Shift how you see your world

- This is an opportunity to respond differently and redefine our world.
  - How might this transition be used to transform your career?
  - What dream is within you that needs to be explored?
  - How might you expand versus constrict? This means opening up to possibilities rather than falling into fear.

#### 2. Take full advantage of the views

- Look at this transition as a journey and learn and enjoy along the way.
- Look up, around, behind you, out in front of you and inside you!

*“What we see depends mainly on what we look for.” John Lubbock*

- Look up - Give thanks - for what you do have and who is around you to help. What are you thankful for right now?
- Look around - Who needs what you have to offer? How can you offer it to get known?
- Look inside - What do you really want? What is calling you in your life?

#### 3. Find your Compass

- Your compass is your tool to help you know yourself and guide you along your Career Journey. Your compass keeps you on the path that is right for you and aligned with who you are. This results in greater satisfaction in all realms of life.
- Your compass includes knowing your values, your personal mission, gifts and talents, and all those things that are important to you.

#### 4. Coping with Emotions by Finding your Anchors

- This can be an emotional time of change. An Anchor is a tool or resource to help you keep balance. It does not weigh you down or stop you.
- Your Anchor is your choice of healthy actions. Examples are: Being outdoors and nature, exercise, eating healthy, reading a good book, meditation, and being with supportive positive people.
- You may want to find professional support – coach, mentor, spiritual director, or therapist that can be a sounding board and guide you in finding clarity to move forward with more ease.

We will cover more details on this strategy in the next session.

**5. Recognize it's a journey, keep moving toward your destination**

- Remember you're on a trip you may stop but it is about keep moving toward your destination.
- Look at things that slow you down on your journey as guideposts to learn from and help redirect you on your path.
- Trust the journey and turn worry into positive action.

**Choose and commit to one action to take to help you on your journey.**

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**We invite you to the next FREE 3-part series on Tuesdays at 7 pm EST**

- **April 28-** Letting go of limiting emotions, thoughts and actions
- **May 5-** Strategies to Chart Your Transition Panel Discussion with Marilyn A. Feldstein - Career Coach and Peter Rossi - Certified Financial Planner
- **May 12-** Getting into Action and Staying the Course

To reserve your space for this series go to  
<http://fccajax.com/making-career-transitions.php>

Visit our First Coast Coaches Association website at [www.fccajax.com](http://www.fccajax.com) to learn more about coaches who can help you.

**Thank You for Joining Us!**

