

# The ABCs of Career Transition

*When You Stop Whispering, Own the Mic, and Know  
Exactly When It's Time to Drop It.*

Career transition isn't a Google search, it's a soul search. And if you listen closely, there's a voice inside of you tugging at your sleeve asking the same question the Verizon guy made famous: "Can you hear me now?"

That inner whisper becomes a megaphone the moment you stop treating career change like taking a new job and start treating it like claiming a new identity.

The truth is, most people don't leave a job; they outgrow a version of themselves. But growth has a soundtrack, and it begins with the ABCs: Anxiety, Balance, and Confidence - the emotional checkpoints of reinvention.



*The ABC Career Transition Model™  
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## A – Anxiety: When the Mic Feels Heavy

At the start of any transition, Anxiety steps on stage first. It taps the mic, the feedback screeches, and suddenly all you hear is **What if... What if... What if...** That's normal. Anxiety is simply the spotlight warming up, inviting you to stop performing for everyone else and start tuning in to yourself.

## B – Balance: When You Adjust the Soundboard

Balance arrives when you stop scrambling and start calibrating. It's not about throwing your life in the air like confetti; it's about deciding what stays, what goes, and what gets remixed. Think of it as adjusting your levels: identity, energy, values, priorities.

## C – Confidence: When You Own the Mic

Confidence isn't a pep talk; it's a posture. It shows up when you finally recognize that the voice you've been straining to hear was always yours. And here's the truth: when you claim your voice, your power shows up. Every. Single. Time.

## Owning the Mic, Dropping the Mic

Career transition is equal parts introspection and declaration. First, you own the mic; naming what you want, what no longer fits, and what your next chapter demands. Then, once you've done the inner work the ABC Model requires, you drop the mic; not in arrogance, but in alignment.

## The Final Call: Can You Hear You Now?

Stop waiting for permission. Start tuning in. Because when you finally stop whispering and own the mic, you'll know exactly when it's time to drop it. You can get there from here.