



If you're in a career transition right now (by choice or by circumstance)

From Restless to Rewired: Navigating Your Career Transition with Courage

There's a quiet moment many of us recognize. You close your laptop at the end of the day and think, "I can't keep doing this."

Maybe nothing is "wrong" on paper. The paycheck lands. The meetings happen. You hit your goals. And yet, inside, something has shifted. You've outgrown the role, the industry, or even the person you had to become to succeed there. That moment is often the beginning of a career transition. Not just a new job title, but a new chapter of who you are becoming.

The kinds of transitions we don't talk about enough

Career change isn't one-size-fits-all. You might see yourself in one of these stories:

- You're in an **industry change**: maybe you've spent years in education and feel called into corporate learning, tech, or HR. Same heart for people, new environment to serve in.
- You're ready for a **role redefinition**: you're staying in the same organization or industry, but you feel pulled from "doer" to "strategist," from individual contributor to leader.
- You're feeling the pull of an **entrepreneurial leap**: you want to build something of your own — a consultancy, a small business, a practice that reflects your values.
- You're preparing to **return to work**: after caregiving, health challenges, or a needed pause, you're stepping back into a world that may look different than when you left.
- You're making a **lateral transition**: same level, different team, culture, or environment, because you're craving a better fit, not just a better title.
- You're drawn to a **purpose-driven pivot**: you want your work to mean more — maybe that looks like moving from corporate to nonprofit, mission-driven startups, or community-focused roles.

Whichever story is yours, you're not starting from scratch. You're starting from experience.

Step 1: Honor the ending

Every transition begins with an ending. Even if you choose to leave, it's normal to feel grief, guilt, or fear as you step away from a familiar identity.

Step 2: Rediscover what lights you up

Underneath job titles are human needs: creativity, impact, stability, growth, connection. Look back over your story and notice the moments when you felt most alive at work. Were you teaching, building, solving, mentoring, designing, negotiating? These are clues.

Step 3: Name your transferable strengths

Career transitions rarely fail because people "have no skills." They falter because people don't know how to name and frame the skills they already have using current terminology.



Step 4: Explore the landscape with curiosity

Explore

- Following leaders and organizations in your target space.
- Notice which problems and trends you keep coming back to.

You're gathering data to design a career that fits who you're becoming.

Step 5: Fill the gaps without shrinking your value

As you explore, you'll spot skill or knowledge gaps between where you are and where you want to go. That's normal. Instead of thinking, "I'm behind," ask, "What's the smallest, smartest way I can close this gap?"

Step 6: Rewrite your professional story

On social media or in conversations, your story matters as much as your skills. Instead of, "I'm leaving marketing and I don't know what's next,"

Try:

Rewriting your story... "I've spent the last 8 years in marketing, where I discovered I'm at my best when I'm translating complex ideas into clear, human language. You're connecting the dots for others — and for yourself.

Step 7: Build your support system

Career transition is emotional work. There will be days of momentum and days of doubt. You don't have to navigate it alone. Mentors, coaches, peers in transition, and even a few trusted colleagues can help you normalize the ups and downs. Looking at this thru a lens of new beginnings.

Step 8: Take one brave step

At some point, the inner work has to become outer action.

That might look like:

- Applying for a role that feels like a stretch.
- Soft-launching your business or side project.

The goal isn't perfection; it's momentum. Confidence doesn't magically appear before the leap — it's built in the act of moving.

If this resonates with where you are right now and your **Ready** to get clear on where you want to go, learn how to overcome what is holding you back and develop the confidence to start taking action to create the life you really want.

If you'd like to talk about how coaching can help you, [**Book an initial chat**](#)

When working with a coach, it's important that you work with someone you feel comfortable with. So I always recommend an initial chat to check that we are a good fit. I offer a free, no-obligation call where we can talk about your circumstances.