

Free Resource

YOUR NEXT CHAPTER WORKBOOK

Career Transition:

A Guided Reflection for Professionals Ready to Redesign Their Career With Confidence & Intention

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Welcome

If you're reading this, you're likely standing at a crossroads — curious about the next step, wondering whether change is possible, and sensing that something in your career or identity no longer fits.

This workbook is your first step in answering that quietly uncomfortable question:

“What’s next for me?”

Inside, you'll challenge common fears, uncover hidden strengths, and begin mapping a more aligned, energising and intentional next chapter.

And throughout, you'll be reminded of seven truths:

- ✓ You are not too old
- ✓ Your skills are highly valuable
- ✓ Employers want experienced professionals
- ✓ Career identity can evolve
- ✓ Confidence grows from action
- ✓ You do not need to start again
- ✓ You can redesign your work life with intention
- ✓ Your next chapter can be better than the last one

Let's begin.

SECTION 1: What's Brought You Here?

1. What has made you start thinking about a career change?

(Tick all that apply or write your own)

- I'm burned out or exhausted
- My work no longer feels meaningful
- I've outgrown the role
- I feel stuck
- I've lost confidence in this environment
- I'm craving a new challenge
- I want better work-life balance
- Something in my personal life has shifted
- I'm curious about what else I could do
- I want to feel excited about work again
- Other: _____

Reflection:

What feels unsustainable or misaligned about your career right now?

 Write your thoughts:

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SECTION 2: Your Skills Are More Transferable Than You Think

People often underestimate their skills because they've used them in the same context for years.

Let's uncover yours.

2. What skills do people consistently praise you for?
(Communication, organisation, leadership, empathy, planning, influencing, mentoring, problem-solving, etc.)



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3. What challenges do others come to you for help with?



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4. Which parts of your job come naturally to you – even if the job itself no longer feels right?



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 Insight:

Everything you wrote above is transferable.

These skills hold value in multiple sectors – and employers actively seek professionals who bring maturity, resilience, perspective and emotional intelligence.

SECTION 3: Your Identity Is Allowed to Evolve

Many mid-career professionals ask:
“But who am I without this job?”
Let’s explore the deeper identity layer.

5. What parts of your professional identity no longer feel aligned with who you are today?

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6. What values matter more to you now than they did 10 years ago?
(e.g., flexibility, balance, purpose, autonomy, recognition, creativity, leadership)

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7. Which version of yourself is trying to emerge?
(Write in first person – a future version of you speaking.)

 “I am someone who...”
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 Insight:
Identity doesn’t disappear – it expands.

Your next chapter doesn’t replace your past.
It builds on it.

You've just completed the foundational part of your transition journey — **the part that helps you recognise possibility, reconnect with your strengths, and finally acknowledge that something in your career needs to evolve.**

But clarity alone isn't enough.

To reshape your next chapter with confidence, you need structure, strategy, and a proven roadmap that supports professionals at every stage of reinvention.

The full Your Next Chapter Workbook includes:

- ✓ A deep-dive skills and career alignment tool
- ✓ The Confidence Activation framework
- ✓ Identity and mindset reset exercises
- ✓ A step-by-step transition strategy
- ✓ Templates for modern CVs, applications and LinkedIn profiles
- ✓ A practical 12-week action plan to move you forward with momentum

This isn't just “more information.”

It's your personalised blueprint for navigating career change as a capable, experienced professional — whether you've spent years in education, corporate roles, public service, leadership, or any specialised field.

If you're serious about building a career where you feel energised, valued, and aligned, the full workbook is your next step.

Move forward with intention.

Your next chapter is waiting — and it's stronger than you think.

**Buy the full workbook
Start your transition journey**