

CAREER TRANSITION ROADMAP

The Basic Stages of Career Transition

TRANSITION

This stage is about emotionally and mentally releasing attachment to a former role, title, or identity—especially after job loss, burnout, from a profession, or moving to a new country.

1

EXPLORATION

Begin to explore what's next—this involves researching career paths, understanding labor market info, and discovering roles that match your interests, values, and lifestyle needs.

2

SKILL EVALUATION

Reflect on transferable skills and identify gaps between where you are and where you want to be. May need to pursue short courses, certifications, or volunteer roles to bridge the gap.

3

TAKING ACTION

Apply research and skills to take action. Clarify job target, update resume, practice interviews, and begin applying strategically.

4

NETWORKING

Seek out connections within the field, create a LinkedIn profile to reach industry professionals

5

START NEW ROLE

Prepare to succeed in your new role by learning workplace expectations, building early relationships, and confidently navigating onboarding processes

6