



Two Chevrons

Transitioning to civilian life is a significant undertaking. This comprehensive to-do list aims to guide individuals leaving the armed forces, police force, or ambulance service toward a successful and fulfilling transition. Adjust and personalise the list based on individual circumstances and preferences.

Your Transition: To-Do List

1. Self-Assessment and Goal Setting:

- Reflect on skills, strengths, and interests.
- Set personal and professional goals for the transition.

2. Attend Transition Workshops:

- Participate in workshops provided by military, police, or ambulance services for transitioning personnel.

3. Civilian Career Exploration:

- Research civilian careers aligning with your skills and interests.
- Explore industries, job sectors, and potential employers.

4. Education and Certification:

- Identify if additional education or certifications are required for your desired civilian career.
- Explore available educational benefits and support programs.

5. Resume Building:

- Tailor your resume to civilian standards.
- Highlight transferable skills and achievements.

6. Networking:

- Attend networking events, both military-specific and civilian.
- Connect with individuals in your target industry.

7. Job Search:

- Utilise online job platforms.
- Engage with recruitment agencies.
- Apply for positions aligned with your goals.



8. Financial Planning:

- Review and update your financial plan for civilian life.
- Consider budgeting, insurance, and investment strategies.

9. Health and Well-being:

- Ensure a comprehensive health check-up.
- Familiarize yourself with civilian healthcare resources.

10. Legal and Administrative Tasks: - Update personal and legal documents (driver's license, insurance, etc.). - Address any pending legal or administrative tasks.

11. Family and Community Support: - Communicate openly with family about the transition. - Explore community support groups or resources.

12. Mental Health Support: - Be aware of mental health resources available. - Seek counselling or support if needed.

13. Attend Transition Seminars: - Participate in seminars focusing on the challenges and opportunities of transition.

14. Mentorship: - Seek mentorship from individuals who have successfully transitioned. - Offer mentorship to others undergoing the transition.

15. Develop a Personal Support System: - Cultivate relationships with friends, family, and peers for emotional support. - Join social or community groups to expand your network.

16. Stay Physically Active: - Establish and maintain a fitness routine for physical and mental well-being.

17. Continuous Learning: - Embrace a mindset of continuous learning and adaptation. - Stay informed about industry trends and advancements.

18. Celebrate Achievements: - Acknowledge and celebrate milestones during your transition. - Recognise and appreciate your growth and accomplishments.

19. Stay Positive and Resilient: - Embrace the challenges as learning opportunities. - Stay positive, resilient, and open to new experiences.

20. Evaluate and Adjust: - Periodically assess your progress and make adjustments to your plan as needed. - Stay flexible and open to refining your goals.

Further support for your smooth and successful transition and integration to Civvi Street can be obtained from TWO CHEVRONS GROUP. Our organisation provides comprehensive assistance, guidance, and resources to individuals leaving the armed forces, police force, or ambulance service. We prioritize your well-being and success as you embark on this new chapter.