

## What is Career Transition?

Everyone faces a career transition at some point in their working life. You are either challenged by external forces or the pursuit of a developing desire for self-actualization. It is at this moment that you face the uncertainty of the path you should go.

### **Career Transition Moments:**

- Retrenchment
- Lack of Job satisfaction and direction
- Life transition because of family/personal circumstances
- Mid-Career uncertainty

### **Who Can Benefit from a Job and Career Transition Coach?**

People of all ages, starting from after your formal education in your early 20s to any age. There are various reasons for deciding to decide your new career path or change your work path midstream. You might be stressed, burned out, or even just bored. Whatever the reason, you're just not happy in your current position. We face such a dilemma at some point in our life. A career coach can help to work through your dilemma.

### **What do you gain working with a career transition coach?**

- Understand yourself better
- Build your strength to achieve your goals
- Better satisfaction of work

### **SOME TELL-TALE SIGNS THAT YOU MIGHT BE READY FOR A CAREER CHANGE**

- Lack of passion - You lost the zest and passion for your job and found no motivation working on your job.
- Stressed and Burned Out - Stress and burnout are common reasons for deciding to change careers but beware of other things that can trigger stress like personal issues.

- Bored - Maybe your job requires a lot of administrative work, and you're doing the same thing over and over. You want to find a job that provides more mental stimulation. Your creativity is being stifled. You have a lot of great ideas and no outlet for them.
- Culture Fit - If the organization's culture is a poor fit, you will be unhappy as it doesn't go with your life value. You might want to find a similar job in a different culture where you fit in better.

### **How Career Transition benefits you?**

#### 1. An All-Age Activity

Using life span development theory, every human at different ages changes their life positioning at some point in their life. When you are open to career transition, you see growth and learning in all ages.

#### 2. Getting out of Stagnation

If you feel like you're stuck in a rut and have felt this way for a long time, it may be because you've done all you can do in your current career area. We're not advocating changing professions every time you feel a bit bored or unchallenged, but changing careers at the right times can really help us avoid stagnating at work.

#### 3. Power Struggle in an organization

Power struggle is evident in many organizations. You feel the misfit and struggle to be different. A career transition can be fulfilling as it blends with your life goal.

#### 4. Passion Unleashed

No matter how well paid or secure your job is, you may sometimes think it's a shame you're not doing something you're really passionate about. There's no reason why you still can't make a career out of your passions. A popular reason for changing careers is the individual's desire to do something they can really get excited about. Think about what you really enjoy doing and then find a way to get paid for doing it.

#### 5. A Joyous Journey

If you know how lonely and isolating the process of career change can be, you might find it odd when we say that the process is in itself a side benefit of changing careers. However, if you go about a career change in the right way, you can end up going on a journey that really grows you both professionally and personally.

#### 6. Imparting Skills

There's no point in having transferable skills if we cannot transfer them. Choosing a new career and working out how to use your skills in a new context is an immensely satisfying process. Using transferable skills in different roles also prepares you for using them in different life situations unrelated to work, such as parenthood or caring for an elderly parent.

#### 7. Going Where the Jobs Are

Some people change careers not because they necessarily want to but because they have to. If you've just been made redundant and there're no jobs going in your current field, switching to a career area where there is plenty of demand for labor may be the way to go. You may find a more fulfilling and exciting life.

#### 8. Returning to the workforce from a major milestone.

If you're returning from a sabbatical, paternity/maternity leave, or some other kind of career break, going back to your old job or even just to your old profession, in general, may feel like you're traveling back in time – and not in a good way. By embarking on a career transition, you may find new inspiration with a source of new energy

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