

# 50 IDEAS TO HELP YOU NAVIGATE YOUR FIRST STEPS TOWARDS CAREER CHANGE

If you're feeling stuck and unsure of where to start trying to navigate a new career direction, check out my 50 ideas for inspiration!



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HER

## 50 CAREER CHANGE IDEAS FOR WHEN YOU'RE STUCK

You know you want to make a career change, you've even got a fledgling idea about the direction you want to take but it feels too hard, too time-consuming and too big a change to navigate.

The key is to break it down into tiny, tiny actions.

If you're feeling stuck and out of ideas of even where you to start - use this list to spark the idea towards your first step.

Each of these ideas is designed to help you think a little differently and hopefully inspire action.

Read through the list and circle 10-12 items which you feel drawn to exploring further and most importantly, schedule time in your diary to take action on the suggestions.

- Put your hand-up for a project internally which sits of your comfort zone but which will expose you to different colleagues / parts of the business
- Explore what energises you at work (people, activities, projects, tasks, places)
- Explore what depletes you at work (people, activities, projects, tasks, places)
- Read an autobiography of someone who inspires you
- Join a networking group (either in the industry you're in or where you think you'd like to head)
- Think about your ideal working day: where are you? what tasks are you involved with? what kind of people are you interacting with? when do you do these key activities? what boundaries would you like around your day?
- Find a new podcast in a field of interest
- Ask yourself, when I'm at work, when do I lose track of time?
- Update your Linked-in profile for recent roles/qualifications and refresh your connections (think about who you've met over the last 2-3 months and connect)
- Reach out to 5 former colleagues and arrange a coffee to catch-up
- List out 4-5 recent work-related accomplishments/projects and challenges - what are the common strengths you've demonstrated?
- Create a "kind words" folder in your email to capture positive feedback, thanks and testimonials - for when you need a quick confidence fix!
- Go shopping on Linked-in - find 10 jobs which sound interesting (not necessarily in the same fields or industry you're currently in), print out the profiles and highlight the aspects that appeal to you - what are the common themes?
- Ask your organisation to fund career coaching
- Raise your self-awareness by investing in a psychometric tool to understand your personality type, strengths or leadership style

## 50 CAREER CHANGE IDEAS FOR WHEN YOU'RE STUCK

- Talk about your potential career change with your friends - do they know of people in similar fields who they can introduce you to?
- Search hashtags on social media for the industries/roles you're interested in e.g. #wellbeingleader (983 results on LinkedIn) #charitylawyer (994 posts on LinkedIn)
- Schedule time each week/month for a career strategy session - keep this date with yourself to think, reflect and plan your next move
- Explore who inspires you (in your network, in business/life, famous) - what qualities do they display? how do they operate?
- Reflect on your definition of success - what does success look like to you? Get granular
- Plan out self-care time each month
- Create a timeline for the next 10 years - what do you want to be doing in 1, 2, 5 and 10 years time? Most of us overestimate what we can achieve in a year but underestimate what we can achieve in 10!
- Consider what barriers to change you are putting in place for making a move - what's holding you back? What needs to be held up into the light?
- List out 5 values that influence your professional life
- Consider what resources/support you could ask for in your current role which would enhance your skills.
- Ask yourself, what do I feel passionate about? what causes me stress at work?
- Consider what are your non-negotiables when it comes to a new career, role or organisation?
- Take up a new hobby or experience - think about how you can enhance your current life whilst you figure out the next step
- Explore short courses, workshops or webinars that will enable you to consider more deeply whether retraining or redirecting is right for you
- Make a financial plan for the next 1-2 years - What do you need to earn? What's possible in terms of taking a break? What do you need to plan for if you intend to retrain?
- Think about the company culture where you have thrived the most? What's important to you? Where do you do your best work?
- Map out your perceptions of your career attainment across your working life? When in your career do you think attainment was at its highest/lowest? What was going on for you during these times?
- Create a non-fiction reading list and set a monthly reading goal - you can use my reading list linked below!
- Think about your career circle - who are your mentors, sponsors, supporters and champions?

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- Book time with those in your career circle (see above) over the next three months and ask their advice about the next steps for your career
- Allow yourself to brainstorm freely about career ideas - what is the most radical idea? what did you want to be as a child? what interests you? what would be the most exciting job you could do?
- Identify opportunities to volunteer or get involved in activities that interest you and could provide new contacts
- Consider what is behind your desire for change - is it the role, the people, the culture or the impact on your life. Reflect on whether it's possible to change one aspect and the potential ripple effect
- Make an effort to take care of yourself - whether that's focusing on your sleep, movement, hydration or mindfulness
- Think about how you'll celebrate along the way - it won't always go to plan but it's important to celebrate the small wins
- Breakdown your plan into really tiny goals, and commit to doing one tiny thing each day
- Create a list of companies that you'd absolutely love to work for - what's the common theme?
- Mine your network for potential connections to your dream companies - reach out for an exploratory conversation
- List out your top 10 strengths and how they support you in your role, consider how you might be able to play more to your strengths
- Get outside more - research the neuroscience benefits of being in nature!
- Decide what you really want from the change - more flexibility, more happiness, less stress, more money - get this list really clear
- Think about where your concerns lie in relation to your career change - list out all the things that are holding you back from making a change
- List out the types of opportunities you'd like to be considered for in your new role?
- Articulate your own leadership style - what is it like to work for you?
- Create a best, worst and mid case scenario for what you'll be doing in 12 months time
- Make a commitment to yourself to enjoy the process

**PICK 10-12 IDEAS THAT INSPIRE YOU AND WRITE OUT A PLAN FOR THE NEXT 6-8 WEEKS**

**THE IDEAS I WANT TO TAKE FORWARD:**

**MY ACTION PLAN FOR THE NEXT 6-8 WEEKS:**



Career change can feel challenging and daunting so I created this list as a way of providing a bit of inspiration for where to start!

If this feels overwhelming or you don't know how to turn this into an action plan, do get in touch. I can help!

[BOOK A CALL WITH NATALIE](#)

If you'd like to find out more about me and the work I do, check out my website

[MEET YOUR COACH](#)

I've also created a Career Clarity reading list containing the best reads to help you shape a career that works for you!

[ACCESS MY READING LIST](#)