



Career Transition Coaching

With every Transition we face in life, one door closes, another door opens. It happens every single time. Endings **ALWAYS** bring new, positive beginnings. All transitions have both negative and positive qualities to them. They are **all** stressful.

Career Transition is no different. You could be promoted; you could be fired. Both transitions have the potential to shake your world and toss you into a major transition-adjustment process. However, in the end, all transitions offer the gift of positive growth and positive life changes. That is their purpose!



Digital Artist, Tom Bender

Career Transition Coaching is a process of self-discovery, enabling you to have seeds which blossom into manifested dreams, and to pull out the splinters that have limited you up until now.

We will work through this process of self-discovery. You Have an Opportunity to Dream Out Loud!

Transitions we work with:

- High school graduation to college or full time work
- College to full time work
- First job
- Brand new job
- Major promotion
- Fired/laid off/job elimination
- Retirement

Together we will explore the answers to these questions:

- What kind of work would you like to do?

- What is the best work environment for you?
- Who are the type of people you would like to work with?
- Why do you want your work life to be a certain way?
- Which goals and actions can be put into motion first?

From Here

At every stage in life, there's a chance to explore career transition possibilities and opportunities. "Whether it's choosing your college major, transitioning into a new work role or looking for a new passion. Everyone wants to be in a position where they are performing meaningful and satisfying work. As humans we are wired to seek purposeful work and experiences that resonate with personal identity and unique interests." The Birkman Method®

Why We Use the Birkman Method for Career/ Transition Development

Being in tune with your personality and passions is important to begin exploring different career avenues. Self-assessment is a valuable way to clarify your career direction and capitalize on the innate preferences that contribute to job satisfaction.



When empowered by this knowledge, you will be able to navigate your way towards the best role and workplace for you.

Birkman provides career insights that are reflective of your unique personality. Through your results from the Birkman Method, we can

give you a deeper understanding of yourself and the career options that are best fitting to your natural strengths, how you are motivated and what interests you in a career. Birkman is unique in that it assesses both behavioral and occupational data so you can not only understand which careers are attractive to you, but how you would act in those roles. It helps confirm the career decisions you are making, provides alternative career choices and builds your personal awareness of the strengths, motivators and working environments that will help you succeed. These insights can be used as a guide for exploring the career options that hold the highest potential for your satisfaction.

How We Work

You can contact us at to set a time to discuss the consulting approach that is the best for you, your Team and your Organization. Here are a few options to get us started; just let me know in your email how you would like to proceed:

Sign-Up on our website for our Blog (free)	Email Us (\$35.00)	Chat by phone (\$90.00)	Consulting hour (\$175.00)	Take the Birkman Survey (\$500.00)
We scan a great deal of research on life transitions, organizational development, leadership, strategic planning and talent management. Each week we summarize this information to help you stay up to date with the latest thinking.	Send your one burning question by email and I'll answer it within 72 hours.	I can be available to connect with you for thirty minutes (half-hour session) where I can answer one major question that you are wrestling with in your situation.	We can talk via Skype or Face Time to discuss specific questions and concerns about the particular life transition challenges you are now facing.	Spend time with me taking the Birkman survey, going over the results and then, if you choose, continuing to work with me to develop your plan.



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