

10 Key Strategies for Successful Career Transition

By Katie Darden

10 Key Strategies for Successful Career Transition

Katie Darden
coach@careerlife.net

Career Life Institute <http://SuccessfulCareerTransitions.com>

1. START WITH YOURSELF. . .Not with the Jobs Out There

Take time to honestly look at yourself and your life. Are you moving forward in the career direction you want to go? Is your life working? Are you still challenged and growing professionally and personally? Are you doing something you love doing?

2. ASSESS YOUR "EQUITY" IN THE WORKPLACE

What are your assets and strengths? Take stock of your current credentials, your job skills and expertise, your relationships, your network, your reputation, your track record, and your overall life balance.

3. DEVELOP AN INDIVIDUALIZED CAREER/LIFE PLAN®

Are you clear about what you want in your life? What are some of your lifelong dreams? What are your life values? What do you want to create in the next 5-10 years? Take a holistic approach and look at all areas of your life-career, finances, body/health, spiritual growth, leisure/play, relationships, home environment, & personal & professional growth. Getting clear about what you want and what you value will help you make a smart career move.

4. KEEP TRACK OF YOUR SUCCESSES & YOUR CHALLENGES

Stay open to new challenges and look for new opportunities for you to increase your knowledge and skills. Take responsibility for keeping track of all your successes and achievements-performance appraisals, workshops, presentations, special honors and events, etc. Keep your VITA sheet and resume current.

5. PUT THINGS IN ORDER AND CLEAR YOUR PATH

Do a "clean sweep" in all areas of your life on both an emotional level and a physical level. Become "fully present" and live your life from the present, releasing the past with love and gratitude and honoring the lessons you have learned. Clean out all the clutter and release things you no longer love or need. Simplify, simplify, simplify-- in every area of your life.

6. ASSOCIATE WITH PEOPLE YOU RESPECT AND ADMIRE

Find people who are successful in both their careers and their lives who can be models for you. Associate with them and learn from them. You have a choice in who you associate with--professionally and socially. Actively seek role models and mentors who you have a special connection with.

7. BE OPEN TO NEW OPTIONS & OPPORTUNITIES

Always stay open to new possibilities. Remember your Career/Life Plan™ will evolve and change as your life unfolds and you progress forward. Take advantage of new information, new resources, new experiences. Keep current in your professional field and stay open.

8. BE PROACTIVE . . . TAKE ACTION

Once you are clear about what you want to create in your career . . . life, start taking some action. And realize what is naturally flowing to you easily and effortlessly; pay attention to the synchronicity happening in your life. Explore all your options, spend time networking, meeting with people, exploring new resources, and fully utilizing all the support systems readily available to you.

9. CONSCIOUSLY EXPAND YOUR NETWORK

This is the time to reconnect with existing networks of people in your life and a time to reach out to new networks of people you would like to establish relationships with. Look at your areas of interests and areas of intentional growth, and look at ways you can expand your contacts-in your local areas, statewide, nationally and internationally.

10. BELIEVE AND TRUST YOUR INNER KNOWING

Listen to your Intuition and trust your gut level feelings. Have faith in yourself and trust yourself, even when you know deep within what you have to do, and think perhaps that you don't quite know what you are doing. You just know you are in transition and the time is right.

©2000 Gabrielle Parkinson & Katie Darden, Career Life Institute

These 10 Key Strategies are the basis of our popular and acclaimed eBook Program of the same name. The program includes articles, exercises, RealAudio clips and several unique bonuses, all for the incredibly inexpensive price of \$14.95. To find out more about the eBook, or to Order Your Own Copy Today, go to <http://SuccessfulCareerTransitions.com> . You can visit us at <http://CareerLifeInstitute.com>

Get-Articles.com : 1000's of reprintable business and internet marketing-related articles.

[Submit your article for reprint.](#)