

DO YOU HAVE WHAT IT TAKES TO CHANGE CAREERS?

Tick all the items from the list where you are confident that you can:

- say what you want from your career
- describe your ideal lifestyle
- assess your favourite skills, strengths and personal attributes
- describe what you're doing when you're 'in flow'
- describe your personal and professional achievements
- describe what motivates you
- choose work that fits your interests
- choose work that uses your strengths
- choose a career that fits your values
- choose a career that gives you purpose
- manage your mindset during a career change
- describe your ideal career
- generate new career options
- objectively evaluate new career options
- choose a new career direction
- test a new career direction
- develop a career change strategy
- develop a professional and personal career change support team
- create a CV to position yourself credibly for your new direction
- succeed in the recruitment process (if relevant)
- launch a business (if relevant)
- What gaps do you see?
- Would you like to discuss how I can help?
- becky@freestyle-careers.com**