

CAREER EXPLORATION ACTION PLAN

**YOU DON'T NEED TO SEE THE WHOLE STAIRCASE,
YOU JUST NEED TO TAKE THE FIRST STEP.**

-MLK

10 easy ways to start taking action immediately:

1. Reconnect with an old colleague or mentor
2. Schedule a call with someone who has made a career change
3. Volunteer doing something that interests you & meet people
4. Attend an event of a professional organization and meet people
5. Attend a webinar and follow up with the presenter to network
6. Take an online course related to a new skill, industry or certification
7. Join a relevant LinkedIn or Facebook interest group and network
8. Attend career-related workshops and meet the presenter
9. Find an accountability partner/group to stay motivated
10. Hire a coach who helps people with their career plan (like me!)

Hello!

I encourage you to try one of these ideas every single week while you are exploring a more fulfilling career. Because when you are happy and aligned in the work you do, life is infinitely better.

Are you feeling stuck, unfulfilled or unchallenged in your work? Do you sometimes wonder if this is REALLY all there is for you?

What would it feel like to feel excited and full of joy, knowing you get to do work that you love and that is totally aligned to your unique gifts?

I've experienced this transition myself, and let me tell you, it is worth the effort and patience! Only YOU have the key to open that next door. Will you open it to explore your possibilities, or stay where you are feeling bored and unsatisfied?

I work with women at a professional crossroads to create a plan for what's next and move beyond their fears to take action. When you are considering a career change, you must gain more clarity of where you are, where you would like to be and start creating an action plan to build momentum. Living up to your potential and enjoying life requires an intentional approach and plan to make it happen!

Remember, if you keep doing what you are doing, you will keep getting what you are getting.

Sincerely,

Jennifer Spainhour



MBA, Certified Professional Coach

AGENDA

TIME TO TAKE ACTION!

What future will you create?

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