



Career Change & Sector Transitions



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adventure

"Take an adventure to a brighter future"



Your Host...Kerry Thompson



Job Title: Digital Innovator, Business Change Pioneer, Project Leader,
Ikigai Career Coach & “Career Angel” (According to LinkedIn anyway!)

Sectors: Automotive, Local Government, Retail, Logistics, Finance

My Career Journey & Transitions



My Career Journey & Transitions

Employment Type: Permanent, headcount role

Job Title: Management Trainee (Accelerated Leadership Program)

Sector: Finance (Banking)

Enjoyment Factor: 5/10



My Career Journey & Transitions

Employment Type: Permanent, headcount role

Job Title: Junior Business Analyst > Business Analyst > Lead Business Analyst > Business Intelligence Manager

Sector: Local Government (supplier to Adults & Children's Social Care and Housing departments)

Enjoyment Factor: 7/10



My Career Journey & Transitions

Employment Type: Self employment (Co-Director of a Limited Company)

Job Title: Everything! Specific focus on sales, services and account management

Sector: Local Government (supplier to Adults & Children's Social Care and Housing departments)

Enjoyment Factor: 8/10



My Career Journey & Transitions



Employment Type: Full-time

Job Title: Every

Sector: Local Government (various departments)



Company: Akeno Limited Company)

and account management

Children's Social Care and Housing



My Career Journey & Transitions



Employment Type: Self employment (Director of **my own** Limited Company)

Job Title: Business Analyst & Project Manager > **Business Consultant**

Sector: Local Government, Automotive, Retail & Warehousing, Finance

Enjoyment Factor: 9.5/10!



My Career Journey & Transitions



or of **my own** Limited Company)



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My Career Journey & Transitions – TODAY

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Employment Type: Self employment (Director of my own Limited Company)

Job Title: Business Consultant and “Career Angel”

Sector: Local Government, Automotive, Retail & Warehousing, Finance

Enjoyment Factor: 10/10!!



The Evidence of Happiness...

"Kerry supported my dream by imparting her knowledge and even sharing her business connections."



"Working with Kerry gave me the techniques and the confidence to manage the challenges I was facing. What I valued most was her practical and pragmatic approach to resolving my concerns."

"Kerry was the perfect combination of Coach, Teacher and Mentor."

"Kerry is friendly, positive and very easy to talk to. But equally, she's offering impartial and professional guidance, which is exactly what I needed."

My Career Journey & Transitions

Next - ? ? ?



My Career Journey & Transitions

- ✓ **Innovate**
- ✓ **Invest**
- ✓ **Adapt**
- ✓ **Grow**



Agenda:

- What are the signs that it's time for a change?
- The transition rollercoaster
- Where and how to start...



7 Signs It's Time For Change

1. The “Sunday night dreads”
2. Lack of motivation
3. Feeling of disconnection
4. Lack of energy
5. Not delivering to your best - be honest with yourself!
6. Stress – headaches, sleep interruption etc
7. Not smiling! A feeling of general unhappiness



7 Signs It's Time For Change

TIP!

Ask your friends and family.
Have they noticed a change in you, your
behaviours, your language & even your
physical presence?

Examples of Typical Transitions

- From employment to independent
- From employment back into education
- From Senior Manager to Specialist
- From Service-Provider to Trusted Adviser
- Into a new sector; the same or different role



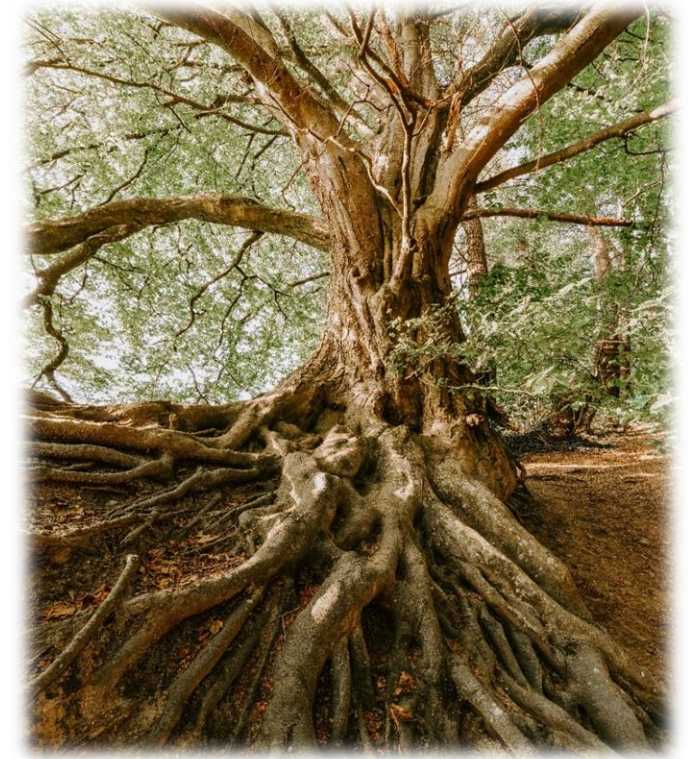
The Transition Rollercoaster

- Initial euphoria and excitement
- Setback / rejection (or deafening silence)
- Slump / exhaustion / depression
- Recovery (for those that survive!)
- The repeating cycle....



The Role of Self-Worth – What Is Self-Worth?

- Self-worth comes **from within**, not from performance or achievement
- It's not **self-esteem**, which is about measurement
- **Self-worth** is the foundation of stability, like the roots of a tree



Why Self-Worth Is Important

- **Resilience:** Swift recovery from setbacks
- **Productivity:** getting on with the job, not chasing validation
- **Teamwork:** working with a common purpose rather than ego
- **Creativity:** open to learning
- **Courage:** ability to deal with uncertainty and change



START
HERE...

Getting Started

- Review & Assess – be honest, consider the why
- Explore & Evaluate – be open, and ask for guidance
- Build Your Network – be responsive, proactive & efficient
- Be Curious – be genuine, be YOU

5 Change Or Transition Shifts

1. Shift from 'effort' to 'value'
2. Shift from 'using your skills' to 'maximizing your talents'
3. Shift from 'being in the background' to 'remaining in the foreground'
4. Shift from 'being present' to 'being positive' (and **critical**)
5. Shift from 'being disconnected' to 'keeping-in-touch'



Next Steps

- **Start!** - Taking the first step is the hardest
- **Continue** - Don't stop the momentum once you've started
- **Persevere** - It takes time and effort. Don't give up
- **Ask For Support** – It's a strength, not a weakness!



Kerry Thompson

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Book a free discovery session to investigate your career change and transition ideas further

Find your Ikigai....

www.akenoadventure.co.uk

