

A close-up photograph of a woman with dark, curly hair, looking upwards and to the side with a thoughtful expression. Her hand is raised, with her index finger pointing up towards her chin. The image has a soft, warm color palette with a purple overlay at the top and bottom.

Are you ready for a career change?

Career Change Readiness Guide

Yinka Adesina

02 Why This Matters



Is Now The Time?

Not everyone is ready for career coaching at the same time as they're changing careers.

This quick questionnaire will help you discover where you are on your career change journey and what your next step should be.



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Career Coach

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Career Change Questionnaire

There are no wrong answers, just insights
about where you are now.

04 Questionnaire (Part One)

1: Is your reason for a career change clear?

- A) No, I've got a vague feeling something's off
- B) No, I know there's an issue, but I'm not sure what it is
- C) Yes, I'm clear and taking steps to address this
- D) Yes, I've already made the change

2: Have you started exploring other jobs or careers?

- A) No, not yet
- B) Yes, browsing and exploring
- C) Yes, I'm actively taking action
- D) I've already accepted a new role

3: What is your biggest career change challenge?

- A) Don't know where to start
- B) Stuck on strategy/confidence
- C) Need tactical support
- D) None or challenges already navigated



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05 Questionnaire (Part Two)

4: How do you feel about your career?

- A) Confused and uncertain
- B) Frustrated and stuck
- C) Determined but doubtful
- D) Confident and settled

5: What have you tried to address this?

- A) Nothing specific yet
- B) Talked to people, nothing worked
- C) Actively working but still lost
- D) Successfully made changes



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07 Questionnaire (Part Three)

6: On Sunday evening or when you think about work on Monday morning, you feel:

- A) Slightly uneasy, but I can't pinpoint why
- B) Dread, frustration, or heaviness in my chest
- C) Nervous but hopeful, I'm in transition
- D) Calm, neutral, or even looking forward to it

7: The last time you felt genuinely energised at work was:

- A) Recently, but the feeling didn't last
- B) Months ago, I can barely remember
- C) My old role, before the change/in a recent interview
- D) This week or last week

8: If money wasn't a factor, you'd be:

- A) Doing something different, but not sure what
- B) Absolutely doing something else, I know what it is
- C) Moving toward it now, but worried about finances
- D) Exactly what I'm doing now (with slight tweaks)



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08 Questionnaire (Part Four)

9: Your career right now is:

- A) Slowly draining my battery, but it's manageable
- B) Actively draining my battery, I'm running on empty
- C) Uncertain, some days charge, some drain
- D) Charging my battery most of the time

10: When you think about your career path, you feel:

- A) Like I'm on autopilot, just getting through the day
- B) Trapped or stuck, like I've lost control
- C) Like I'm taking the wheel, but the road is uncertain
- D) In the driver's seat, I'm steering my own direction



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Results Reveal

Explore insights about where you are now and next steps to get support.

Your Results

Mostly A's

Pre-Contemplation Stage

You could be too early, but continue reading to be sure

Mostly B's

Contemplation & Exploration Stage

Now is the perfect time to change

Mostly C's

Action & Early Transition Stage

You've changed but need support

Mostly D's

Thriving & Maintenance Stage

Celebrate your success!



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Got mixed results?

Mix of B's and C's.

Perfect window for career coaching

You're ready to change

Mix of A's and B's

Moving from awareness to readiness

Focus on building career clarity

Mix of C's and D's

Action & Early Transition Stage

You're changing but want support

Evenly split across A-D

Book a career strategy call

Let's uncover what's really going on



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What You Can Do Next?



Make the most of your results

Many people take this quiz, nod along with their results, and then do nothing. They stay stuck in the same patterns for another 6 months, another year. You've invested time in gaining clarity, so don't let that insight collect dust.

If you scored mostly B's or C's:

You're in the perfect window for career coaching. Book a free 30-minute strategy call. Together we'll map out what a values-led career direction looks like for you and whether coaching makes sense.

Not ready to take the plunge yet?

Get in touch for career change strategies, research-backed, no fluff, designed for professionals navigating transitions without burning out.

✉ **[Sign Up Here](#)**

Know someone stuck in their career?

Share this guide. Sometimes the best way to solidify your own clarity is to help others find theirs.



Yinka Adesina

Career Coach



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About Me

I'm Yinka, a career coach who specialises in supporting self-empowered professionals to navigate meaningful career transitions without burning out or always starting from scratch.

My Background

- BSc in Psychology with Business & MSc in Business Psychology
- 10+ years experience across Careers and HR (including Recruitment & OD)
- Expertise in career transitions, professional identity and well-being at work
- Mission to support professionals transition into more meaningful careers.
- Memberships: Association for Coaching, Career Development Institute.

Why My Approach Is Different

I don't believe in a one size fits all approach or treating your career change like a purely transactional job search. As an active researcher, my career coaching is:

- ***Evidence based and academically informed.*** I draw on traditional and cutting-edge psychological research (Career Development, Positive Psychology and Behaviour Change models) to help you make sustainable and transformational career changes.
- ***Grounded in social justice philosophies.*** I understand that career transition barriers aren't just personal, many are systemic and complex. I bring an intersectional lens to our work together, supporting you to be self-empowered and overcome challenges that arise.
- ***Focused on your whole self.*** Career change isn't just about landing a job, it's also about wellbeing, life stage, identity, meaning, and sustainable work.
- ***Practical and tactical.*** You'll have tools and techniques: positioning strategies, application materials, interview prep and decision frameworks.

29 Career Coaching Effectiveness

Why & How Career Coaching Works

Career coaching gives you the time and space to think out loud without judgment, or someone telling you to "be grateful" or pushing their own agenda. It provides objective clarity when you're stuck between knowing something needs to change and knowing what to do about it.

It works because it gives you:

- Evidence-based frameworks from psychology research
- Strategic direction built from your values, not generic "follow your passion"
- Structured accountability to take action even when doubt or fear creep in.
- Research shows career satisfaction rose for professionals who engaged in structured career coaching vs. those who didn't ([Brown & Lent, 2013](#)).

The process of how it works:

- First, we clarify whether your dissatisfaction is temporary, burnout or fundamental misalignment. Then we build a career direction that reflects who you are now, not who you used to be.
- You learn to position your experience without apologising for the change, translate your skills into employer-ready language, and create a search plan that sustains you.
- When it's time for action, coaching provides tactical support: interview preparation, negotiation planning, and first 90 days support in a new role.
- Career coaching is **NOT** therapy, and it's not a quick fix. It's a strategic, research-informed approach to making sustainable career change without burning out or having to start from scratch.

Career coaching isn't just a motivational chat, it's a structured, psychologically informed process that improves career outcomes.

Book Now

If you're in the Contemplation, Exploration, or Early Transition stages, my mission is to help you.

Schedule a free career strategy call now. Let's have a conversation on where you are and what you want to achieve in your career.

→ **Booking Link**

Know someone who's stuck in their career? Share this guide.

→ **Let's Connect**

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