

Restructured, Redirected and Ready for More - Your Next Career Move

Your Role Is Changing. Now What?

A webinar for professionals navigating the shifting world of work.

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THIS SESSION IS FOR YOU IF...



You're watching your sector evolve and wondering where that leaves you.



You've started asking 'Is this still for me?' - and it's unsettling.



You know something needs to change, but you don't know where to start.



You want a plan that feels like you - not just a scramble to stay relevant.

You haven't failed. You're paying attention.



Poll Time: www.slido.com #code - 1085833

When you think about work, especially Sunday evening or Monday morning: which feels closest?

Why This Matters



- There's no right or wrong answer
- Where you are informs what support you need
- Readiness comes before action



“Just update your CV.”

*The most common advice.
And the most misleading.*

Here's what nobody tells you:

- 1 Your CV is a record of the past - it doesn't answer what's next.
- 2 Jumping straight to applications skips the most important step: knowing what you actually want.
- 3 A polished CV built on an unclear direction just gets you more of the wrong thing.

Direction first. Then documents.

THE IDENTITY QUESTION NOBODY ASKS

Who are you outside of what you do?

Most professionals never think about this, until change forces the question.

The Trap

We over-identify with our job title. When the role changes, it feels like we're changing too.

The Reality

Your skills, values, and strengths exist independently of any job description.

The Work

Reconnecting with who you are - not just what you've done - is where real clarity begins.

This is the question that unlocks everything else.

WHAT CAREER CHANGE ACTUALLY LOOKS LIKE

It's rarely a straight line - and that's okay.

01

Disruption

Something shifts. AI, restructure, burnout, or a quiet sense of misalignment.

02

Confusion

The old map no longer works. This feels uncomfortable - it's also data.

03

Exploration

You start asking better questions. Clarity comes from trying, not thinking.

04

Direction

A path emerges — not perfect, but yours. One that fits who you actually are.

Wherever you are on this journey — you can move forward.

PRACTICAL STRATEGIES

Exploring what's next — whether you're still in post or not.



Start with values, not vacancies

Get clear on what you need from work — autonomy, impact, flexibility. This filters everything.



Do a skills audit — properly

Not just your job description. What do people come to you for? What do you make look easy?



Have exploratory conversations

Informational interviews are the most underused career tool. No applications needed.



Try before you commit

Volunteering, consulting, side projects — low-risk ways to test whether something is really for you.



Give yourself a runway

Career change is rarely instant. Build a 3–6 month plan so you're moving with intention, not panic.



Protect your financial base

Know your numbers. Reflect while still in role
Security gives you options. Options give you confidence.

Progress over perfection — every time.

When the ground shifts, so does your sense of self.

Here's how to rebuild it.

1 Normalise the discomfort

Uncertainty doesn't mean you've done something wrong. It means you're in transition. That's different.

2 Evidence over assumptions

Your inner critic will be loud. Counter this with evidence: what have you actually built, solved, and led?

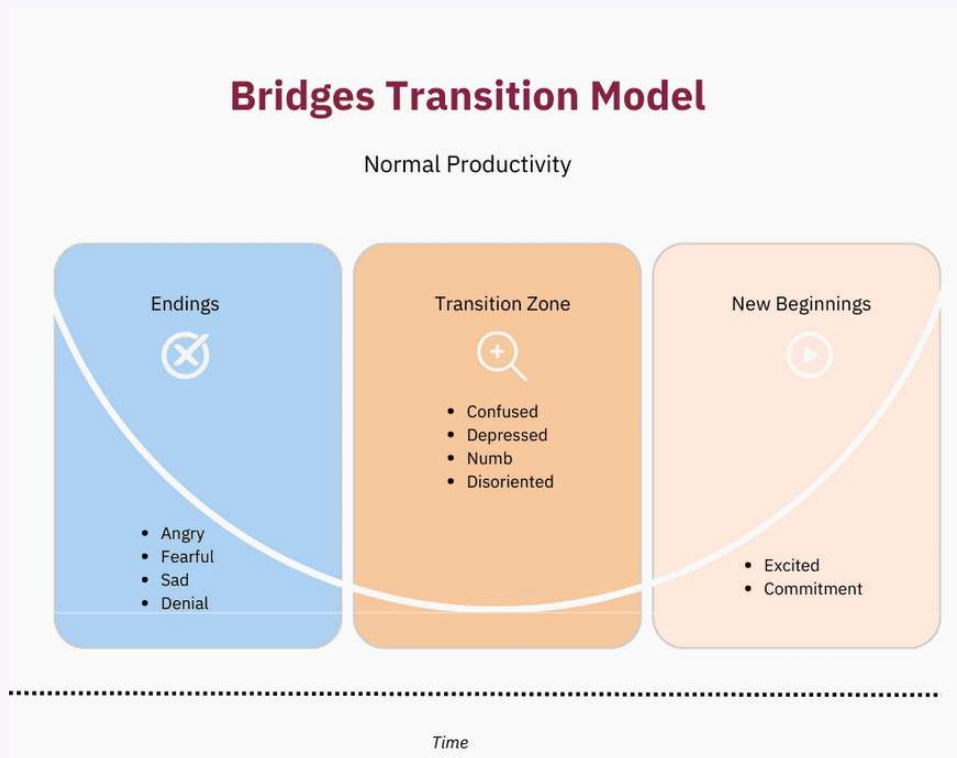
3 Small actions rebuild belief

Confidence isn't a feeling you wait for — it's built through doing. One small move creates momentum.

4 Reframe the narrative

You're not starting over. You're starting from experience. That's a completely different position.

Making a career change is an emotionally charged process.



6 Steps to Protection

Set boundaries around the search

Looking for work 24/7 is not productive - it's exhausting. Protect your energy with structured time.

Talk to someone

A coach, therapist, or trusted peer. Don't carry this alone. External perspectives are invaluable.

Celebrate small wins

Had a good conversation? Applied for something brave? Rewrote your LinkedIn bio? That counts

Beware of the comparison trap

LinkedIn is a highlight reel. Your journey is yours - measure yourself against your past self only.

Keep anchors in place

Sleep, movement, connection. Career uncertainty can erode the basics fast. Don't let it.

Give yourself permission to grieve

Leaving a role or identity you've invested time and energy in is a real loss. You're allowed to feel that.



Rebuilding Confidence

It's simple but can be complex

Here's what nobody tells you:

1

Uncertainty is a normal transition stage

2

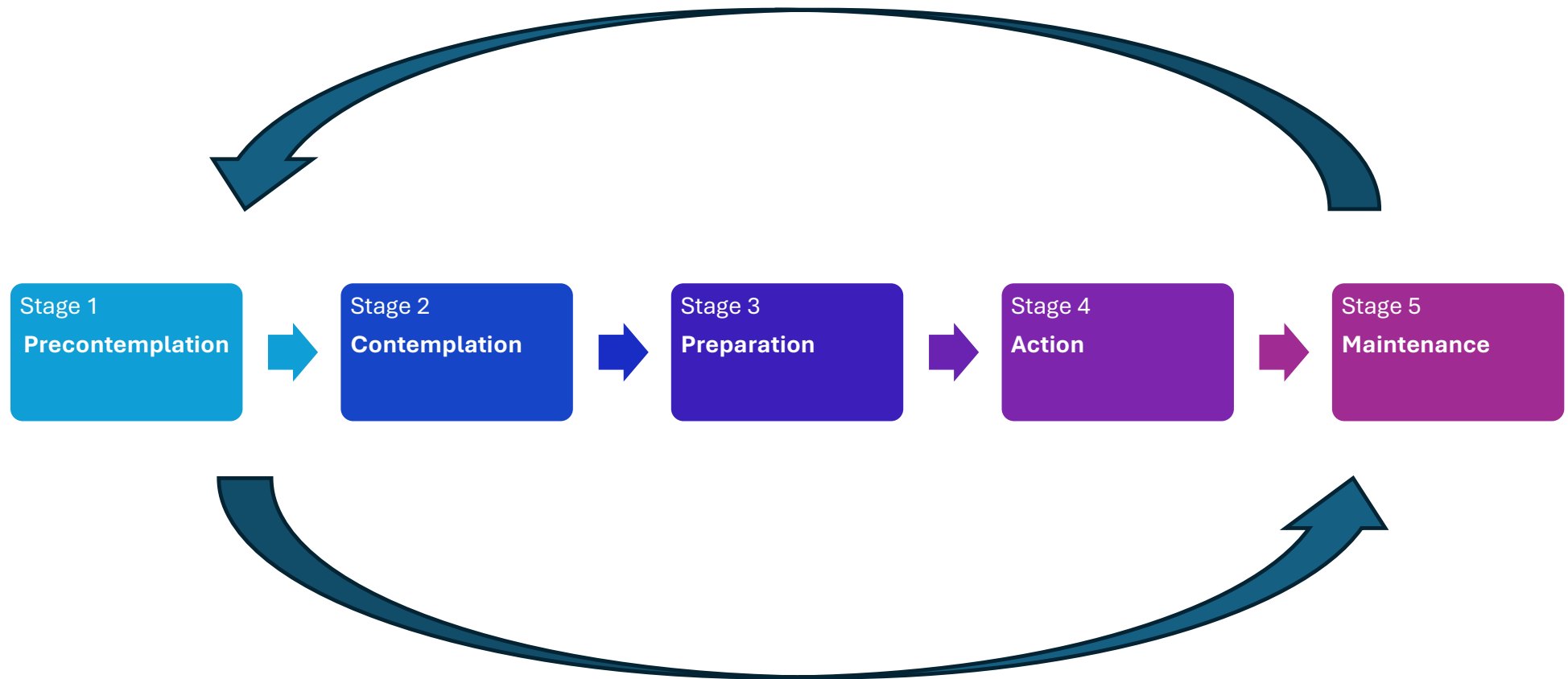
Confidence grows through alignment

3

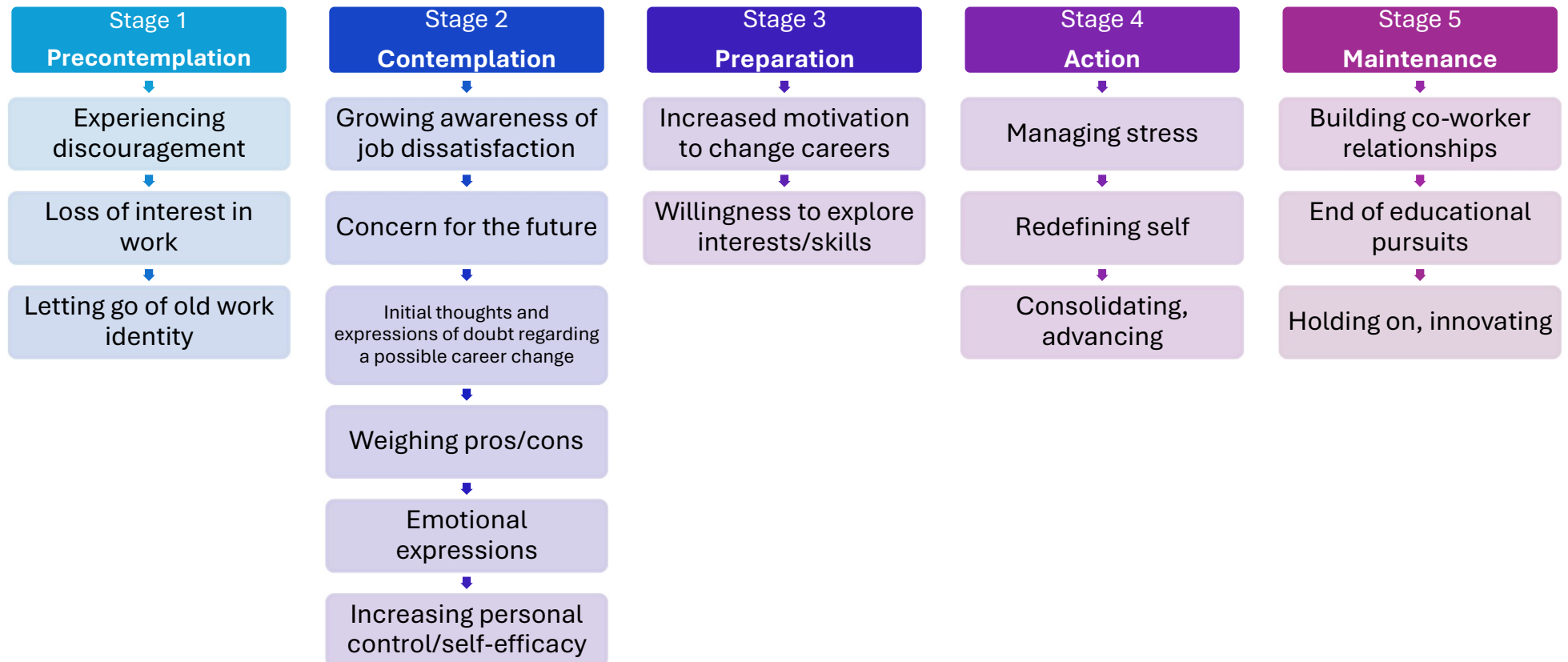
Psychology-backed frameworks, not hype

Direction first. Then documents.

Transtheoretical Model of Career Change (Archer & Yates 2017)



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Exploring What's Next



- Practical exploration
- Low-risk testing
- Reflection while still in role

WHAT YOU'LL LEAVE WITH

Clarity, not confusion.

A real sense of what your next step could look like.

- ✓ A reframe: change as opportunity, not threat
- ✓ Practical tools to explore what genuinely fits you
- ✓ Strategies to protect your wellbeing through the process
- ✓ Clarity on your identity beyond your job title
- ✓ A psychology-backed approach to rebuilding confidence
- ✓ A clear sense of your very next step

Protecting Your Mental Health



- Career change is emotionally demanding
- Boundaries prevent burnout
- Stability matters during uncertainty

What You Now Have

Taking this further...

**More clarity about
where you are now**

**Language for what
you're experiencing**

**One grounded next
step**

Q&A

Your One Change...

What one small next step will you take to propel your career change forward after this session?

28th April 2026

Ready to go deeper?

The webinar is just the beginning.

[Book Your Free Career Strategy Call](#)

400+

hours coaching

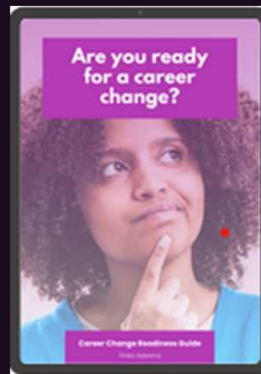
30

min, free

100%

clarity focus

Free Career Change Readiness Guide



<https://www.yinkaadesina.com/guides>

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