

Squiggly
Career
Stages

Changers

How to pivot
and create
new possibilities

Changers

Career change can feel scary. Whether you're squiggling sideways or starting something completely new, it can be exciting and overwhelming at the same time.

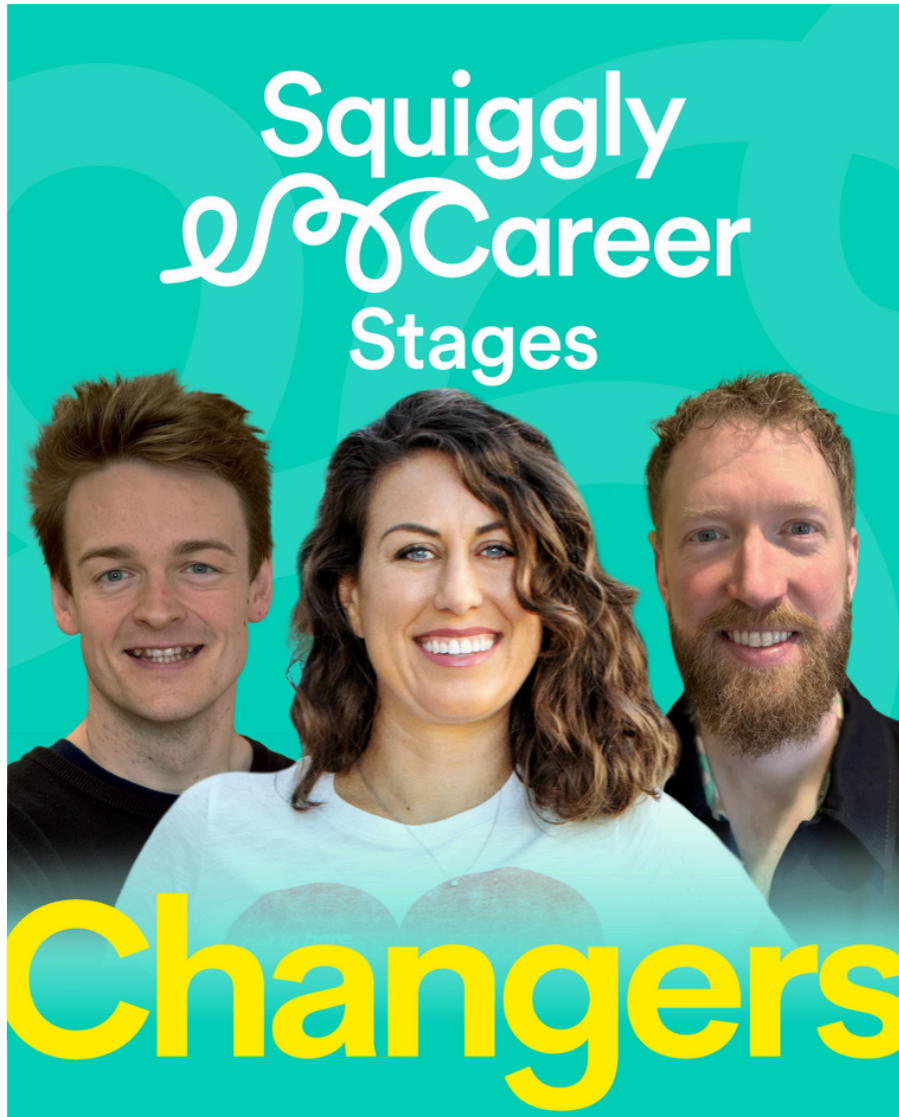
Pivots offer lots of potential for your career, helping you to develop new skills and creating lots more possibilities.

This guide supports our podcast episode [Squiggly Career Changers](#) and brings together practical advice, expert insights, and useful tools to help with your next squiggly move.

In this guide you'll find:

- 🔗 [Insights](#) from the Squiggly Careers Changers podcast episode.
- 🔗 [Coach yourself questions](#) to reflect on your experiences and gain insight.
- 🔗 A [tool to try out](#) and determine your next step.
- 🔗 [Expert advice](#) on how to make the most of this squiggly career stage.
- 🔗 [Recommended resources](#) to read, watch, listen and learn from.

Episode insights



In this episode, Helen and Sarah are joined by Jenny Blake, author of Pivot, and career changers Oli Kelly and John Rothera.

Together they discuss how to tackle fear of change and other challenges that come with career transitions. They share their experiences and advice on pivoting into a new role or way of working and offer practical insights to have you squiggle with confidence.

Listen and learn how to:

- 🌀 Experiment with small changes
- 🌀 Leverage AI to bridge career gaps
- 🌀 Find a support network
- 🌀 Embrace uncertainty
- 🌀 Go for it!

Coach yourself questions

'Coach yourself questions' are designed to create clarity. They help you to press pause and think things through so you can make more informed choices about where and what you spend your time on. Here are 3 questions to help you pivot and create new possibilities.

What skills do I want to be known for?



How do my strengths create impact for other people?



Which industries and opportunities do I want to learn more about?



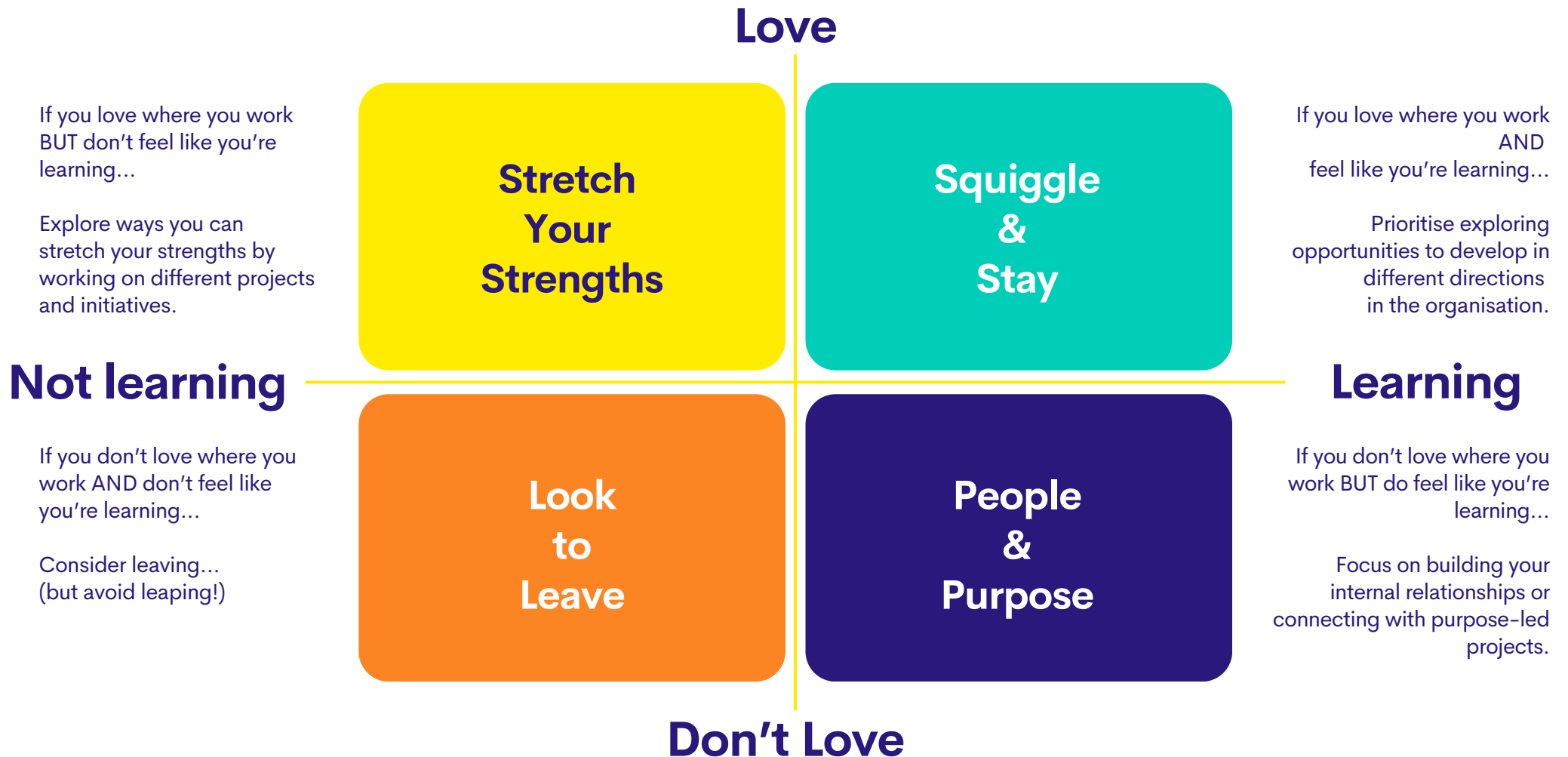
*“Every success story
is a tale of constant
adaptation, revision
and change.”*

Richard Branson

Tool to try out

Choice and change

A change in your career is a great opportunity to take action and find a better fit for your strengths and values. But how do you make the decision to switch or stay? The Love/Learn matrix below is a great place to start.





Expert advice Richard Alderson

Founder of Careershifters

Be bold

There are 3 practical things you can do to mitigate fear of change:

1. Remember that action leads to confidence, not the other way round, so take consistent small steps forward, even when you feel uncertain.
2. Keep getting inspired by others who've done it ([read hundreds of stories here](#)).
3. Never forget that most great things in the world – career change included – are best achieved with the help of others.

Act it out

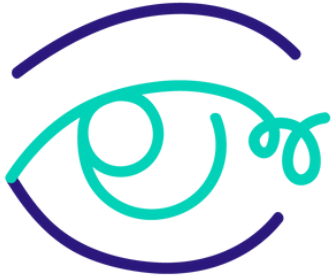
When you've been immersed in one career, it can be tough to see what else could be possible. Career change is a process of innovation – and coming up with new ideas requires new inputs.

So don't get stuck trying to figure this out in your head. Instead, step outside your familiar environment by meeting different people, trying new activities, and exploring various work settings. Pay attention to what energises you in these experiences, as these reactions will offer valuable clues about your future direction.

Overcome overwhelm with Micro Shifts

When you're drained by your current career and have multiple responsibilities outside of work, it can feel overwhelming to know where you're going to find the time to take the necessary actions for your career change. The key is to carve out small pieces of time – 15mins here, 30mins there – to take tiny, consistent actions that move you forward in your shift. We call these '[Micro Shifts](#)'. And these are made easier when you have others around you to hold you to account.

Recommended resources



Watch

**TED Talk - Don't find a job,
find a mission**
Celeste Headlee



Read

Working Identity
Strategies to reinvent your
career by *Herminia Ibarra*



Listen

Squiggly Careers #464
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Join

Careershifters
An online community to
support career change



Follow

Jenny Blake
Author and podcaster, focusing
on pivots and freeing up time



Try

Career Change Toolkit
Practical advice to finance your
career change from Career Shifters

Thank you

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We hope you've
found this Squiggly
Career Changers
guide helpful.

For more squiggly career support,
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find our free resources at
amazingif.com

