The Ultimate Six-Month Career Transition Guide

A High-Performance Roadmap for Executives, Directors-Managers, and High Achievers

Introduction

This is not just about finding another job, it's about being in the ultimate career that with all of your expertise and wisdom you are ready to fully live in your legacy. It's about stepping into an aligned, fulfilling career path that expands your full potential, your capacity, and your impact.

This is a premium guide that will be addressing common challenges like lack of clarity, and uncertainty as well as "hidden" challenges like emotional turbulence that are pivotal to address and come with the territory of a career transition. There will be transformational principles and prompts that will create acceleration and ease of journey into the career you've only let yourself dream about.

Finally, you will find this guide is not just about career moves—it's about energy, alignment, and stepping into a career that feels powerful, meaningful, and expansive.

The 12-Step Career Transition Framework

(Each section will include structured insights, journal prompts, affirmations, and action steps to create an immersive, high-value experience.)

PHASE 1: Emotional & Energetic Mastery

The foundation for clear, aligned decision-making

1. **You've invested your life into this company and honestly, it's hard to even fathom not being here.** Navigating Emotions – Managing heightened emotions to gain clarity.

• Career transitions bring up a mix of emotions—uncertainty, grief, excitement, and fear. Instead of pushing them aside, exploring how to process your emotions effectively so they don't cloud decision-making is key.

• The goal: Create emotional spaciousness to make decisions from intuition and clarity rather than fear or urgency.

• Journal Prompt: What emotions am I experiencing as I think of leaving a company, and what message might they be trying to communicate?

• Affirmation: I trust that every transition brings me closer to deeper alignment.

• Action Step: Implement 5-minute pause. This allows the body to start to "digest"/process the emotion which will dissipate the "charge" of the emotion.

2. **You realize that some of the wellness activities (or lack thereof) implemented at your last job are not ones you want to take into your next.** Mind-Body Optimization – Identifying habits for peak performance.
• A career shift requires high energy, resilience, and clarity. This step requires focusing on strengthening the nervous system, optimizing well-being, and maintaining focus during the transition.

• The goal: Identify daily mind-body practices that sustain clarity and vitality (nutrition, movement, sleep, energetic alignment).

• Case Study to Give Your Brain Evidence: Research a high-level executive who integrated breath work, intuitive movement, and deep rest to navigate a successful transition.

• Action Step: Implement one small mind-body practice you can do daily that feels like a stretch but good?

3. **You are at a point in your career that when you look at your current demands you're not sure if they line up with where you want to go.** Evaluating Responsibilities – Identifying tasks that energize vs. deplete.

• High performers often take on too many responsibilities—some aligned, some draining. You need to break down what's essential vs. what's depleting to free up energy for clarity.

• The goal: Shift from obligation-driven action to energized, high-value tasks that

create momentum. • Action Step: Create a "high-energy vs. low-energy tasks" list

to identify what needs releasing.

4. **You want a different career but honestly, you don't completely know what really gets you going on all 5-cylinders**. Recognizing Energy Patterns – Identifying people, places, and activities that create excitement.

• Energy doesn't lie—this step helps track where energy expands vs. where it contracts in work settings. • The goal: Use body intelligence to determine aligned career directions.

• Journal Prompt: When do I feel the most energized in my work? What environments or people feel the most expansive?

PHASE 2: Career Clarity & Strategic Alignment

Refining career direction through vision, strategy, and intentional alignment.

5. **So many of us know we kinda want to leave but we often hold onto some things without even realizing it.** Letting Go of What Doesn't Serve – Releasing misaligned aspects of work.

• Before stepping into the new, we must release the outdated. This step focuses on clearing misalignments that no longer serve.

• The goal: Create spaciousness for the next-level career path.

• Journal Prompt: What beliefs, commitments, or expectations do I need to release to step into my highest career alignment?

6. **You think you know all of your strengths connected to your dream career at this point in your life but honestly you are possibly missing some because you haven't really done the "leg work" yet.** Exploring Aligned Careers – Connecting values, strengths, and potential careers.

• Instead of looking for "just another role," this phase helps clarify what's truly aligned based on unique strengths, energy, and long-term vision.

• The goal: Create a career options matrix that blends values, strengths, and energetic resonance. • Action Step: Research 3 career paths that align with energy, skillset, and fulfillment.

7. **Maybe you've developed a vision board but you realize that much of the board hasn't come to fruition.** Creating a Potent Vision & Mission – Developing a legacy-driven career vision that sticks.

• Beyond job titles, this step focuses on long-term impact, mission, and the legacy

one wants to build. • The goal: Clarify career purpose beyond financial success.

• Affirmation: I am stepping into a career that deeply aligns with my values and mission.

• Action Step: Journal in extended writing form all that your legacy career looks like. You will be surprised what comes up.

8. **We think we are making decisions for our future career but honestly, we keep getting off your path of aligned decisions and wondering why.** Clarifying Career Direction – Aligning chosen career paths with strengths.

• Now, we refine options into a clear direction—whether leadership roles, entrepreneurship, or industry shifts.

• The goal: Commit to a specific career direction based on strengths and alignment.

• Case Study to give your brain evidence: Research or interview a corporate leader you know who transitioned into a purpose-driven business aligned with their values.

PHASE 3: Execution & Expansion

Taking bold, strategic action to transition successfully.

9. **We get overwhelmed with the choices out there and what other people are doing vs. choosing what feels right for a deeply fulfilling career and life.** Choosing Employment vs. Entrepreneurship – Deciding the best path forward for the career-life balance.

• Should you stay in corporate or build your own business?

• The goal: Make a fully aligned decision on career direction.
• Journal Prompt: What lifestyle, financial, and impact goals matter most in my next career move? This will bring clarity along with interviewing those from #8 on employment vs. entrepreneurship. *** Seeking also mentorship will be.

10. **Now that you decided on employee vs employer. NOW WHAT? This is**

where we freeze but we don't have to! Strategic Career Planning – Building a network, and making aligned decisions.

• Here, we create a clear action plan for the transition—start networking, skill-building, and leveraging existing strengths and where your contribution shines.

• The goal: Build momentum with strategic action rather than reactive decisions.

• Action Step: Develop a six-month strategic plan with milestones for transition.
*** Here again is where mentorship will be able to accelerate this process and get you out of overwhelm, procrastination, or self-sabotage.

11. **You have the strategy but your speaking skills are a bit rough? Wondering if you know how to quickly demonstrate your message quickly and confidently.** Mastering Career Articulation – Enhancing personal branding & networking.

• Whether applying for jobs or launching a business, clear articulation is key. This step refines branding, positioning, and networking strategy.

• The goal: Clearly communicate unique value and expertise in the career market.

• Affirmation: I confidently step into my next-level career with clarity and ease. Journal Prompt: what is your message in 3 sentences?
*** Refining message and mentor support will help with engaging the right people, places and opportunities that lead to success.

12. **You have started creating tracking but how do you keep the momentum going?** Ongoing Strategy & Reassessment – Continuously refining decisions.

• Career alignment is an ongoing process. This step ensures continuous refinement, strategic pivots, and long-term fulfillment.

• The goal: Create an ongoing strategy for career growth, alignment, and success.

• Case Study: A leader who continuously evolved their career through strategic reassessment. If possible interview them!

Conclusion:

• This 6-month guide when implemented will create traction in clarity, aligned decisions, and initial strategy to aid in ease and success of the initial stages of transition.

• Additional mentorship can not only create accountability but also see blindspots and implement higher-level frameworks that create sustainable momentum during the hurdles that naturally happen when new in transition (research shows a direct correlation to success with mentorship).
Jenn Watson offers high-level executive coaching for career transition that collapses time and gets you within 4 months to the career, the money, the relationships, and the life you desire within the impact you crave!

Fill out the application below to see if this is a good fit. One of our team members will schedule a call with you from there.

Submit Application

You deserve the brilliant career that you dream about.

Let's make it happen together!