

## **Career change from the inside out**

### *Making the invisible, visible*

Got willpower? Good. Got planning skills? Great. But you'll need more than these to make a major career shift. You'll literally have to turn yourself inside out.

Why? Transformational change is not something that happens in a step by step linear fashion, no matter how much you try. It just doesn't.

To make a big career change requires a deep learning process, pushing the boundaries of who you are and revealing your blind spots. Deep learning changes how we think and how we behave.

This kind of learning is a combination of self-reflection and practice through trial and error. You have to actually dip your toes (or maybe your whole body) in a new field to see if it is really what you want. And, in a sense, you have to turn yourself inside out -- being curious and suspending judgment -- to discover just what you're capable of.

Although turning yourself inside out is an uncomfortable process, it also involves making the invisible visible, both to yourself and to others.

I love helping people discover their hidden strengths and special gifts. Until you reveal them and bring them to the outside, you will not be able to use them in a new career.

As I've discovered through quite a few personal and career transitions, "One doesn't discover new lands without consenting to lose sight of the shore for a very long time." - Andre Gide, French novelist.

The path I took to being a coach was not something I planned out. It was the result of many work and life experiences coming together in a way that made sense of my values, my strengths, and the kind of work I want to do at this stage of my life.

Are you ready for some mental and emotional gymnastics?