



## Episode # 3 Pivot Path:

### Navigating Pivot Points in Your Career with Jan Kavanagh Career Transition Consultant Optimum Talent

#### Top Tips

You have to take ownership for your own professional development and career. You have to invest in yourself. You owe this to yourself.

Self-reflect. Take the time and effort to gain insight into what you want and what you don't want when considering a new role or career change.

Be brave and bold and allow yourself to dream a little! Develop an action plan and timeline. Just do it – you have nothing to lose and guess what? It might be rewarding and fun!!

#### Simple steps to action

- What skills would you like to develop over the next 12 months?
  - What could you be doing better?
  - How will you achieve this?
  - Develop an action plan and stick to it.
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- What do you enjoy doing?
  - What do you do well?
  - What are your values?
  - What brings meaning to your work?
  - You can always sit with a trusted friend and ask what they think are your strengths
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- Find out more about the area of interest
  - Research industry trends and emerging roles
  - Speak to people in that profession or contact industry bodies.
  - Visit job platforms to look at positions
  - What roles get you excited?