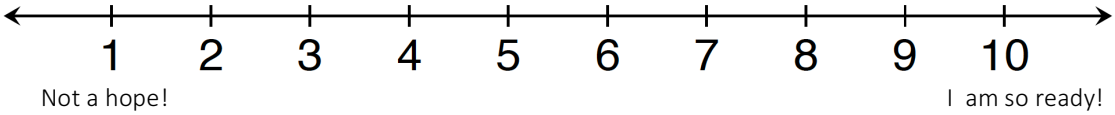
The Decision to Make a Change

Assess your own Readiness:



1-3	It all seems quite daunting, this is a normal first reaction. We suggest you start with short achievable steps & seek support from friends, family or career coaches to give you momentum. Remember the world of work has changed less than you think.
4-6	You're perhaps apprehensive & unsure having started the transition. It is important to get out & speak to people in a similar position. Having clear goals & a plan will help a lot, focusing on the areas you are most concerned with.
7-10	You have momentum & are starting to feel ready. This is great time to start to look at the options, make contact with people and work on the confidence needed.

Your ideal work setting / scenario	What is your ideal work setup, what type of job, what type of company, location, hours, company culture My goal(s) is to : 1. 2.
Next steps	What small steps could you take in the next week to better understand or organise your return to work? 1. 2. 3. 4.