

# How to Change Careers When You Have No Idea What To Do Next

If you find yourself stuck in a job that isn't the right fit for you, this article is for you. If you are ready for a career change but have no idea where to start, this feature will help you think ahead and take action.



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Eléonore Moreau is a Certified Professional Coach passionate about helping people regain their confidence to live their best professional lives and supporting them in achieving their goals. With 24 years of corporate leadership experience at global and local companies in top management positions, including six years on an executive committee, she brings expertise in marketing and sales. Currently, she has embarked on a new career as a Career Coach.

## Career Management is a Lifetime Skill.

Let's address the elephant in the room: we are responsible for our lives. Career Management is a crucial aspect of self-care. Patricia Romboletti, author of *"Bulletproof Your Career"*, writes: *"Nothing will change until you make yourself, your career, and therefore your financial security a priority. And if you don't put career-related actions on your schedule, then you are not making them a priority."* Are you ready to give yourself permission to take time and think?

## Career Change: Clarity is Power.

Before diving into updating your CV and searching for jobs on LinkedIn, take the time to clear your mind and listen to your heart. Don't start your search until you have complete clarity about WHAT you want.

## Seek Help To Brainstorm Your Career Options.

There are three ways to get help: find an accountability buddy, seek support from your ESCP career department, or enlist the help of a career coach. Or why not explore all three options?

## Brainstorm And Create Your Career Plan.

It all begins with defining your life purpose. What does it mean for you to be fully alive? What impact does your life have? As a career coach, I delve deeply with my clients into what truly matters to them. Together, we define their values, life purpose, identify their Saboteurs, and discover their superpowers. We start with their dreams and thoroughly examine their past professional experiences. At the end of this initial step, my clients choose up to three career projects to assess.

## Take Action To Assess Your Dream Career Projects.

Once you have defined your dream projects, meet people who work in those fields – use and expand your network. Interview these contacts to understand their motivations, their challenges and work environment. Gather the key information about their work, financial aspects, required education and qualifications. If possible, try it out. Finally, assess and determine what you are saying yes to and what you are saying no to!

Is it easy? No.

Is it feasible? Absolutely!

Would like to know more: see our webinar on March 28 at 12:30  
Registration at [escpalumni.org/agenda](https://escpalumni.org/agenda)  
<https://www.linkedin.com/in/eleonoremoreau/>