

# Identity Crisis: How to Realign Your Career with Your Life

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

18

**Pre-requisites**

No prior experience needed

**Video duration**

1h 6m

**Estimated study time**

1h 6m

**Instructor**

Elaine Lou Cartas

## Introduction

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### 1 Find fulfillment at work

It can be overwhelming to know that you aren't happy, but it is possible to shift into a new career aligned with the life you want to create.

## Cultivate a Positive Mindset

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### 2 Discover your "why"

Creating change in your career can cause anxiety, and you can combat it with your reason(s) for changing.

### 3 Be mindful of your words

Words are powerful, especially what you say to yourself. After this lesson, you'll be able to leverage affirmations to lead you to success.

## Audit Your Career and Life

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### 4 Define your dream life

Acknowledging what's important to you allows you to create a plan.

### 5 Demystify your ideal working environment

Your work environment defines how safe you feel to express yourself freely.

### 6 Evaluate your income and expenses

Money can be a difficult topic; yet having clarity on how much money you need to live on is necessary.

### 7 Examine your career history

There are so many lessons and blessings you gain from examining the past.

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### Indulge your curiosity

There's a reason why you're probably daydreaming about something else.

## Build Your Network

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### Identify valuable connections

Your network is everything when realigning your career with your life.

## Prepare for Career Changes

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### Conduct informational interviews

When changing careers, informational interviews provide insights into a new industry from people you know.

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### Leverage your transferable skills

Demonstrating your transferable skills and experiences makes it easier to land a job in a different industry.

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### Update your resume and LinkedIn

Sharing specific skills and experiences when transitioning your career will have recruiters wanting to work with you.

## Track Your Progress

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### Maintain accountability

To achieve any goal, you need to track your progress.

## Get Your Dream Job

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### Prepare for the interview

Interviewing can feel like a high-stakes situation, especially when you have to explain why you are changing careers/industries.

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### Integrate into the job

It is not just about getting the job.

## Alternative Career Paths

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## 16 Continue your education

When looking to realign your career with your life, sometimes you'll realize you'd actually like to build on your existing educational experience prior to transitioning careers.

## 17 Work for yourself

After reflecting on your career journey, you may realize you want to start your own business.

# Conclusion

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## 18 Embrace change

Thank you for watching this course!

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