

Ask the expert: Career change with April Rinne

There are lots of things we can't control in our careers and no path is certain. Work is no longer linear, it's multi-dimensional and ever-changing. In this context, we need to adopt a proactive approach to crafting our squiggly careers.

April Rinne's work focuses on how developing, what she describes as a 'Flux Mindset' supports us to see change as an opportunity, and even crisis can be a chrysalis for a new and positive beginning. Rinne suggests that this mindset is built on being clear and grounded in your values.

Career change reflection questions



From: Stuck in a script or story about ourselves that doesn't serve us
To: Writing our own script and sharing our story

Ask yourself:

- What motivates me most at work?
- What makes me unique and useful?
- What kind of life am I trying to build?
- What does 'enough' mean to me?

From: looking at your career as a ladder to climb

To: viewing your career as a portfolio to create and curate

Ask yourself:

- What do I already do well?
- Where have I made the most difference in my career so far?
- What am I curious to learn more about?

Jot down your reflections on the questions above



"Your worth comes from within, no one will be a better you than you"

- April Rinne



Recommended resources



It's Time to Rethink Traditional Career Trajectories
by April Rinne



Discover your values
Squiggly Careers episode #42