



Clear-Sighted Career Online Learning Series Presents:

Purposeful Career Transitions: Navigating Your Internal Compass

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Alumni Association



Kay Wigton McBrearty



- In 1985, earned BBA in Marketing, University of Notre Dame
- 20+ years experience in corporate healthcare
- Hired, mentored, managed and led teams globally
- Founder & Principal of Waterville Partners, a firm to lead individuals through a self-discovery process enabling them to create a sustainable plan for achieving career fulfillment
- For fun, enjoys time with her husband and their two children, playing golf and being outdoors

Webinar Agenda

- **Open & Introduction**
- **The Reality: Facts & Stats**
- **Juggling Act: Where Career Fits**
- **Charting Your Course**
- **Using your Internal Compass**
- **Checklist for Purposeful Career Transition**
- **Resources**

Are You Someone Who Is:

- Making your **initial launch** into the work force?
- Wanting to pursue your **dream job**?
- In the **wrong job**?
- **Unengaged** with your current work?
- **Under-employed**?
- **Re-entering** the work force?
- Approaching **retirement**?

You've come to the right webinar!
If not, you may know someone in transition!

Reality Check

11.7

Average number of jobs held between the ages of 18 & 48 years old (US Bureau of Labor Statistics)

7

The expected number of career changes

68.5%

The percentage of unengaged employees (Gallup)

14.5%

The percentage of under-employed individuals (US Bureau of Labor Statistics)

33%

The percentage of the U.S. workforce that is in transition

My Story and Numbers

- 15 different jobs by the age of 39
- 9 career changes by the age of 49
- 6 moves across different states during 7 years
- 1 million air miles earned traveling the globe
- Started my own consulting firm
- Took a break to raise children
- Successfully re-entered the work force

The Balls We Juggle

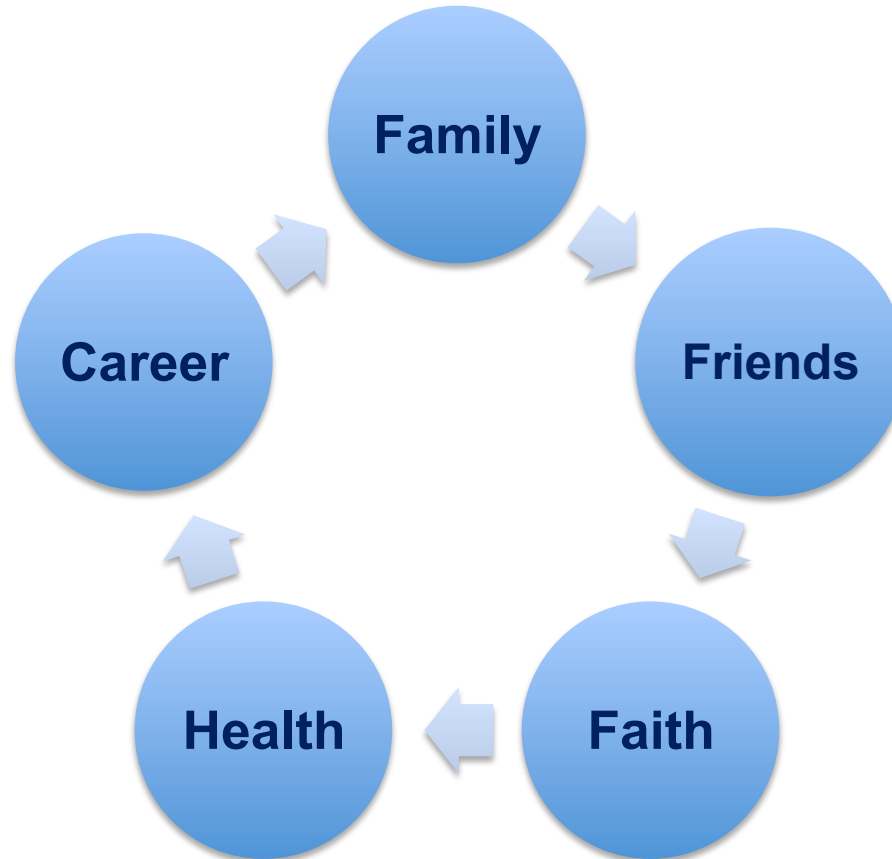
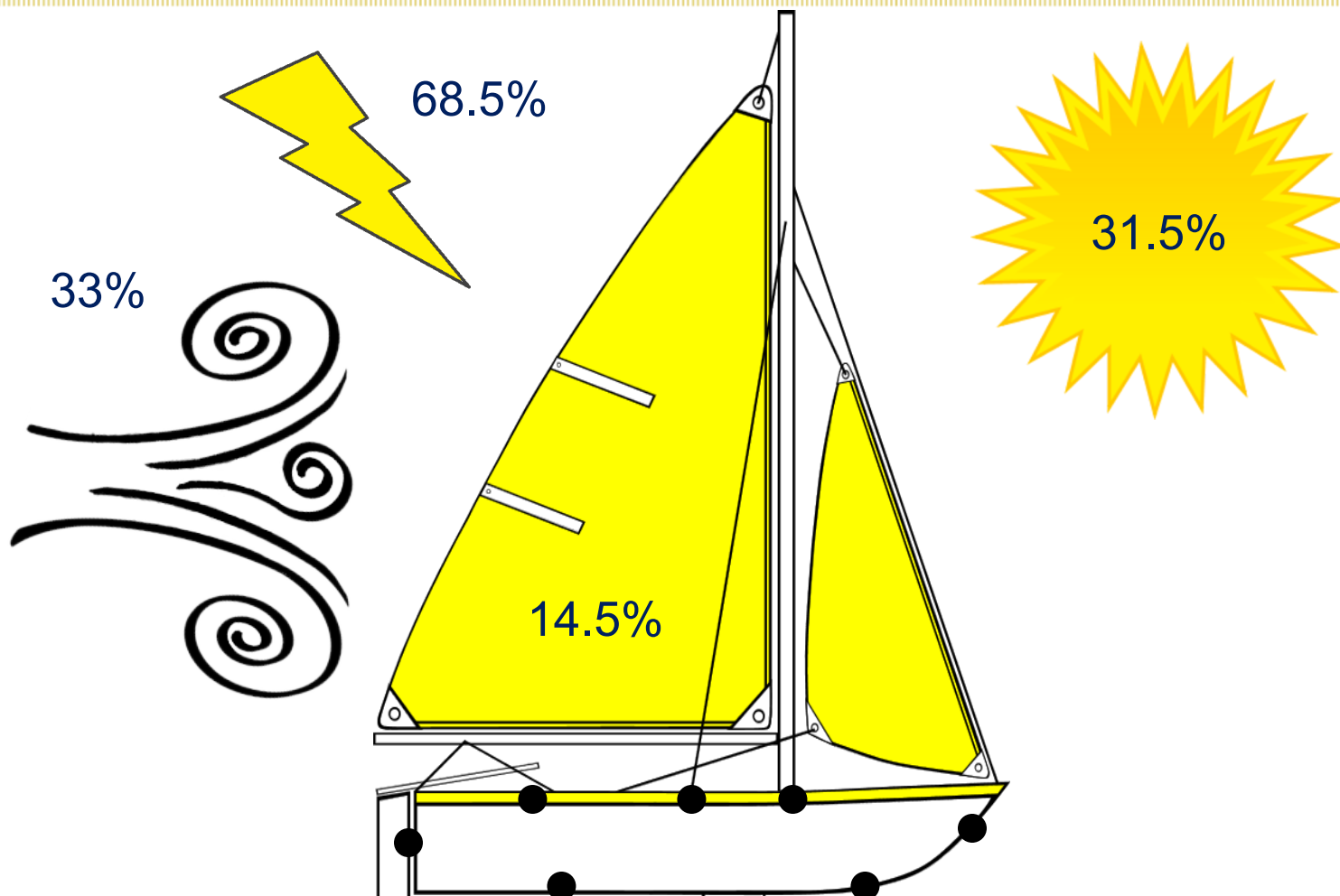


Chart Your Course



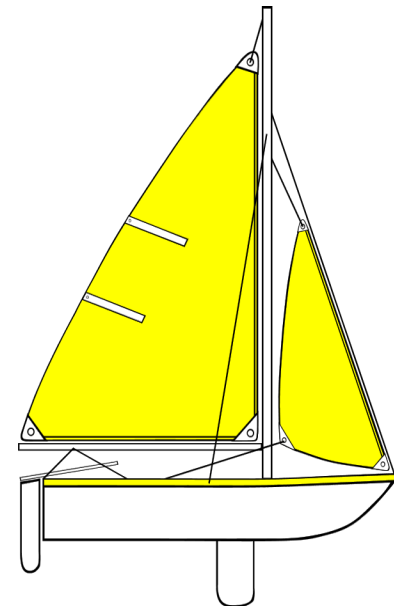
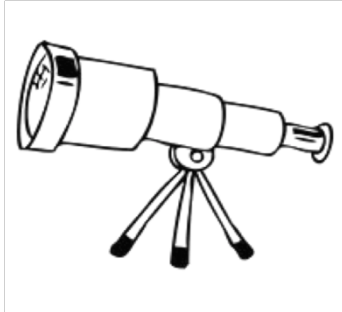
Potential Options or Strategies

- A. Ride the waves
- B. Hope for good winds
- C. Adjust your sails
- D. Outlast the storms
- E. Jump in the waters and swim
- F. Hope for someone to rescue you

OR

Check your **internal compass** for direction and alignment

Using Your Compass



Internal Compass

True North
Values & Beliefs

Wired
Who you are
Why?



Excitement
Experience
Expectations

Strengths
Skills

Internal Compass Secrets

- **It's not complicated, it's simple**
- **It's not rocket science, often intuitive**
- **Success correlates to:**
 - ✓ **Doing the WORK**
 - ✓ **Reflecting on the DATA**
 - ✓ **Taking ACTION**

Yet, many choose to ignore their compass.

Why Ignore Your Internal Compass?

Current State

Too Busy
Unaware
Repetitive
Uncomfortable
Misery
Fear



Requirements

Time
Honesty
Energy
Change
Optimism
Vulnerability/Courage

Tactical Career Transition Elements

- Craft a crisp **elevator speech**
- Design an impactful **resume**
- **Network** with purpose and focus
- Explore career **opportunities in alignment** with who you are
- Prepare for **interviews** with greater clarity
- Bring your **authentic self** to interviews

Gone From Your Search Process!

- **Stale thinking** - degree & experience driven
- **Spaghetti method** — see what sticks without consideration for fit
- **Musical chairs** — any chair will do
- **Lane Looking** — comparing to others /FOMO
- **Status Quo** — path of least resistance

Checklist for Career Transition

✓ Ready.

- ☐ Go public
- ☐ Explore interests
- ☐ Clarify direction using internal compass
- ☐ Meet career coach or like-minded people

✓ Set.

- ☐ Update resume
- ☐ Establish on-line brand
- ☐ Develop elevator pitch
- ☐ Do homework

✓ Go!

- ☐ Leverage Network
- ☐ Conduct informal interviews
- ☐ Pursue opportunities aligned with who you are
- ☐ Find fulfillment – until next transition

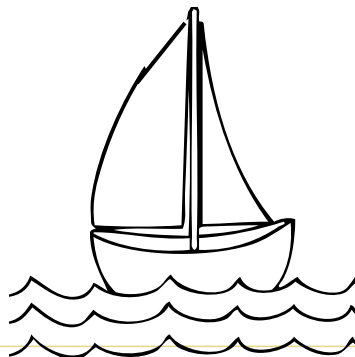
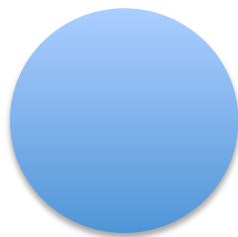
Resources

- StrengthsFinder 2.0 – by Tom Rath
- Now What? – by Nicolas Lore
- Live the Life you Love – by Barbara Sher
- Notre Dame Alumni Association
 - my.nd.edu/career
 - career@alumni.nd.edu
- Kay Wigton McBrearty
 - watervillepartners.com
 - kay@watervillepartners.com

Take Aways

To summarize:

1. Your **careers are the bouncy balls!** They are resilient.
Take care of the fragile balls you are juggling daily.
2. **You** are responsible for **navigating your own career.**
3. Your **internal compass is a critical tool** to help you chart your course to career fulfillment! It's one key to finding your authentic self. Acknowledge and use it!



HAVE A BALL

NAVIGATE YOUR CAREER

FOLLOW YOUR UNIQUE COMPASS!

*“Once you make a decision, the universe
conspires to make it happen.”*

[Ralph Waldo Emerson](#)



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Thank You!

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