

A photograph of a forest path with a fork in the road. The path is covered in fallen yellow and orange leaves. The trees are green and dense, creating a canopy overhead. The path splits into two directions, one to the left and one to the right, leading into the woods.

YOUR FORK IN THE ROAD

What's next for you in your career?

CLIMBING



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DIGGING



What are some **POSITIVE** lessons you learned about work from your parents?



Positive Lessons

2/3 of respondents* said they learned the “value of hard work”

*Studies by Bruce Feiler in his book Search: Finding New Meaning in a Post-Career World



What are some **NEGATIVE** lessons you learned about work from your parents?



Negative Lessons

#1: The dangers of overworking

#2: It can put strain on your family

#3: Work can lead to unhappiness





Are you ready to
**MAKE A CAREER
CHANGE?**



Are you ready to **MAKE A CAREER CHANGE?**

5 ways to tell*

*From Second Act Success Podcast

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5 Ways to Tell You're Ready to Make a Career Change

1. Lack of enjoyment/inspiration

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2. No work-life harmony

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5. Want to pursue a passion

Circle any that apply on your worksheet.



REFRAME YOUR “WHY”

You are not running
FROM something.

You are moving
TOWARD something.

Reframing Your “Why”

Instead of “I don’t want a job that doesn’t leave me time to spend with my family.”

Say: “I am at the point in my life when I want to spend more time with my family.”

Reframing Your “Why”

Instead of “I don’t want to do work that doesn’t inspire me.”

Say: “I am at the point in my life when I want to make a positive impact on the world.”

Reframing Your “Why”

Instead of “I don’t want to do work that doesn’t inspire me.”

Say: “I am at the point in my life when I want to make a positive impact on the world.”

Write your “Why” on your worksheet.

What are your
SKILLS?



What are your

SKILLS?

Write some of your
skills on your
worksheet.





BRAIN

Integration Exercises

Big stretch





Twisted hands

Shoot the thumb



Colors



Purple

Blue

Yellow

Pink

Green



IDEATION

Exercises

BLIND WRITING

What lights you
up?



Pie, Cake & Parfait





PIE

What's as easy
as pie for you?



PIE

What's as easy
as pie for you?

Write some of the
things that come
easily to you on your
worksheet.

CAKE

What's the icing
on the cake?



CAKE

What's the icing
on the cake?

What would make
work extra great?

Write it on your
worksheet.





PARFAIT

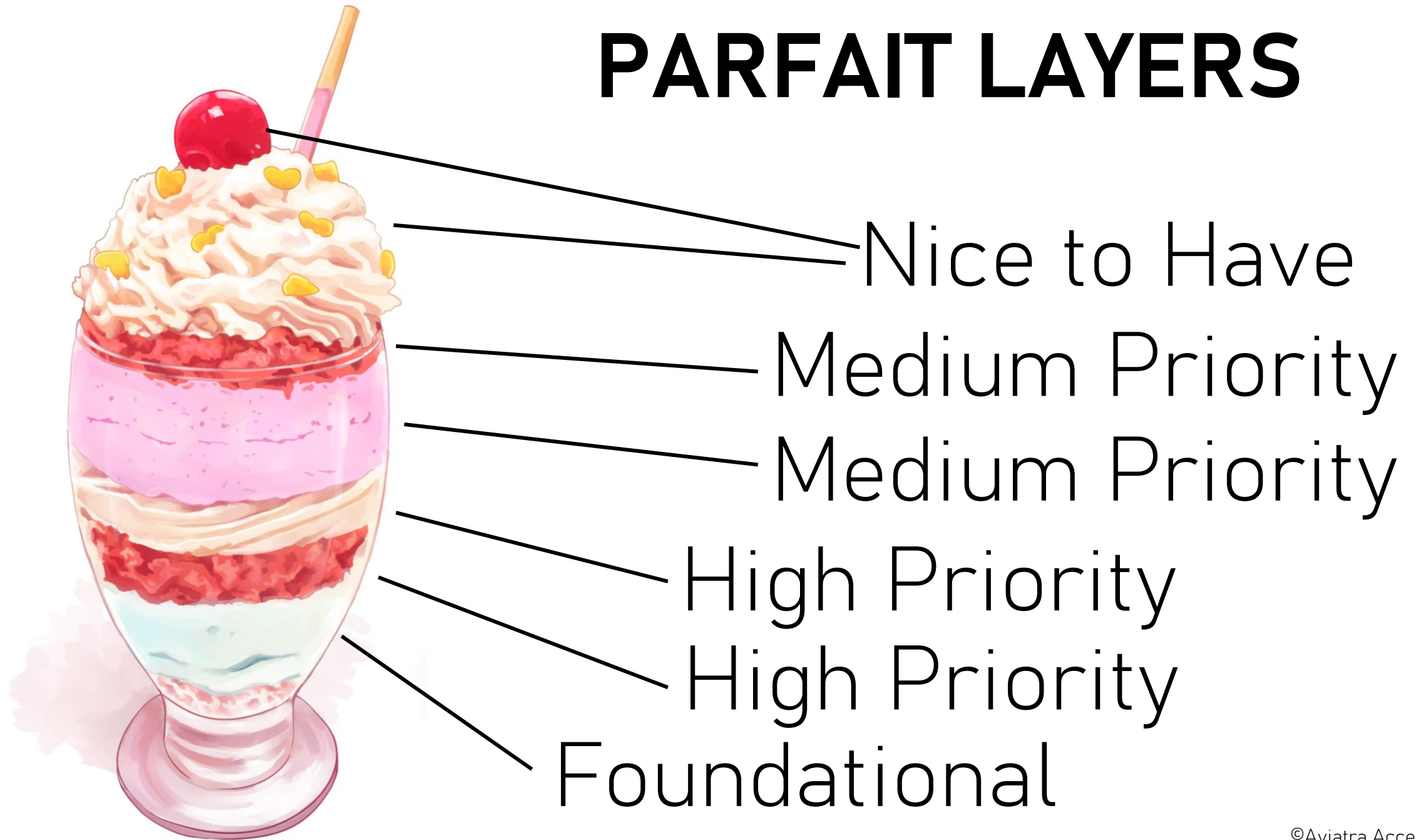
Create your
own

PARFAIT

Elements you'd like in your career

- Purpose
- Connection
- Recognition
- Schedule
- Growth
- New skills
- Challenge
- Enjoyment
- Compensation
- Location
- Structure
- Control
- Ownership
- Creativity
- Impact

PARFAIT LAYERS





PARFAIT

Create your
own

Create your
parfait layers.

FEARS & CONCERNS

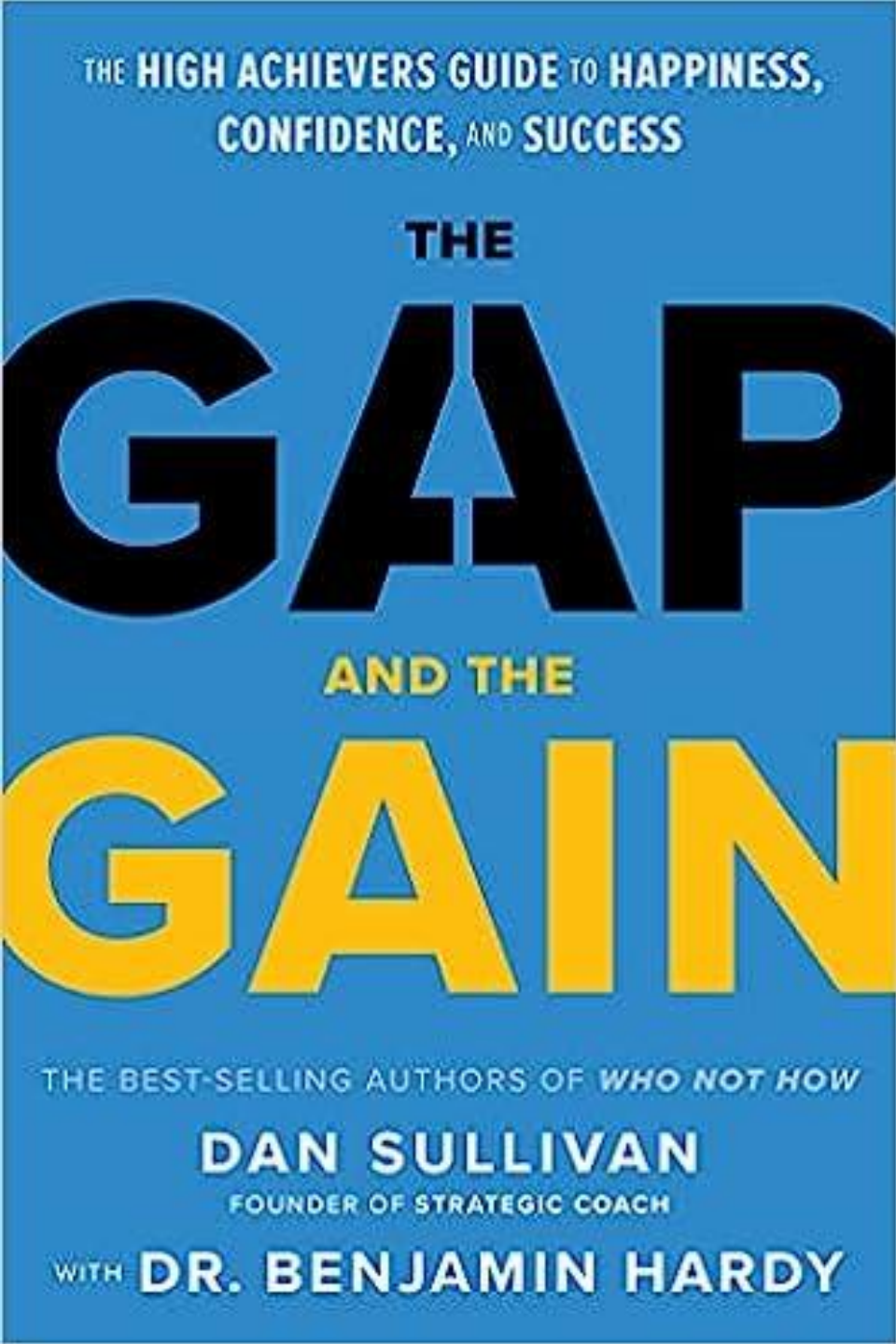
that get in the way
and lead to negative
thoughts



FEARS & CONCERNS

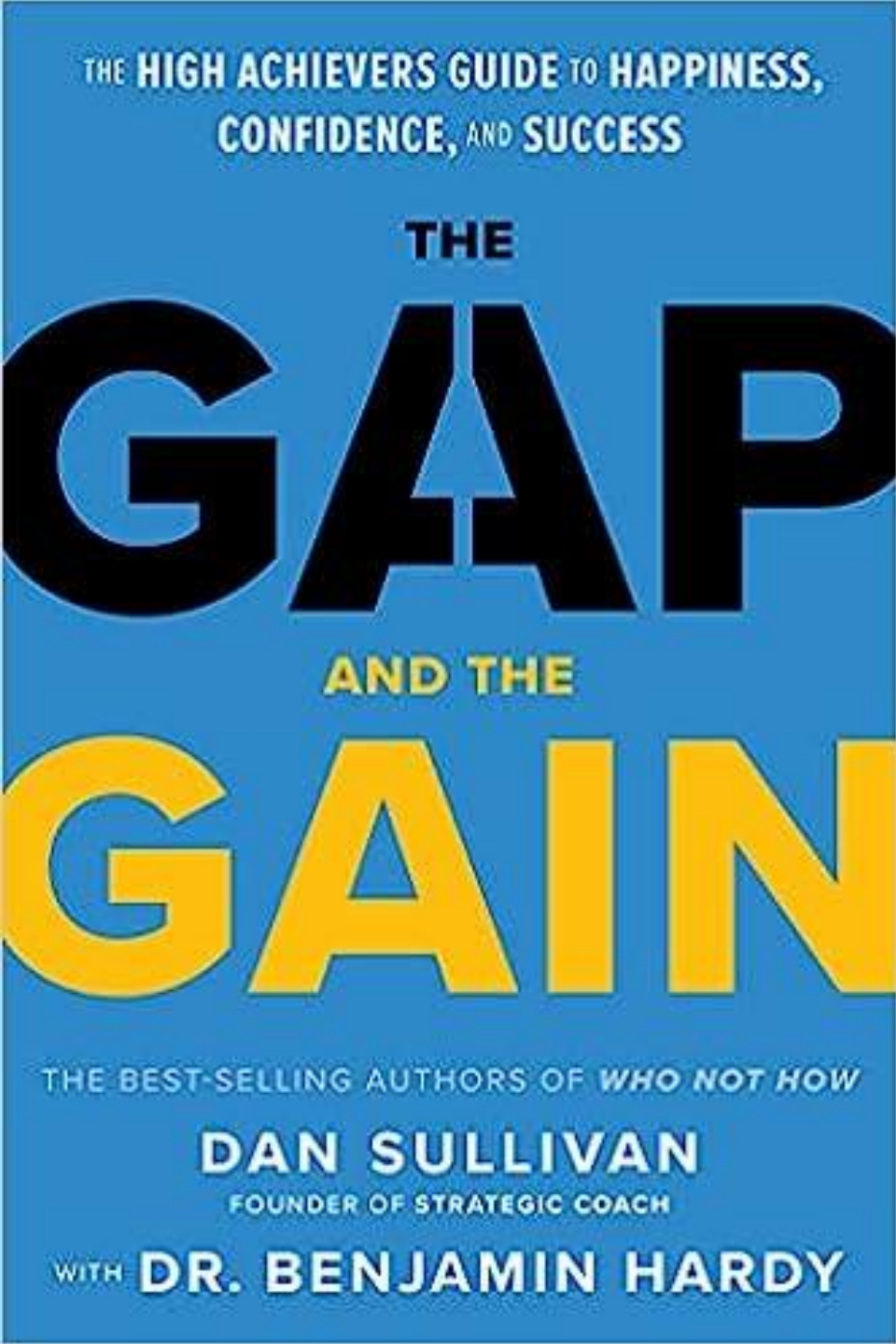
Let's practice some
reframing techniques.





Reframing **FEARS & CONCERNS**

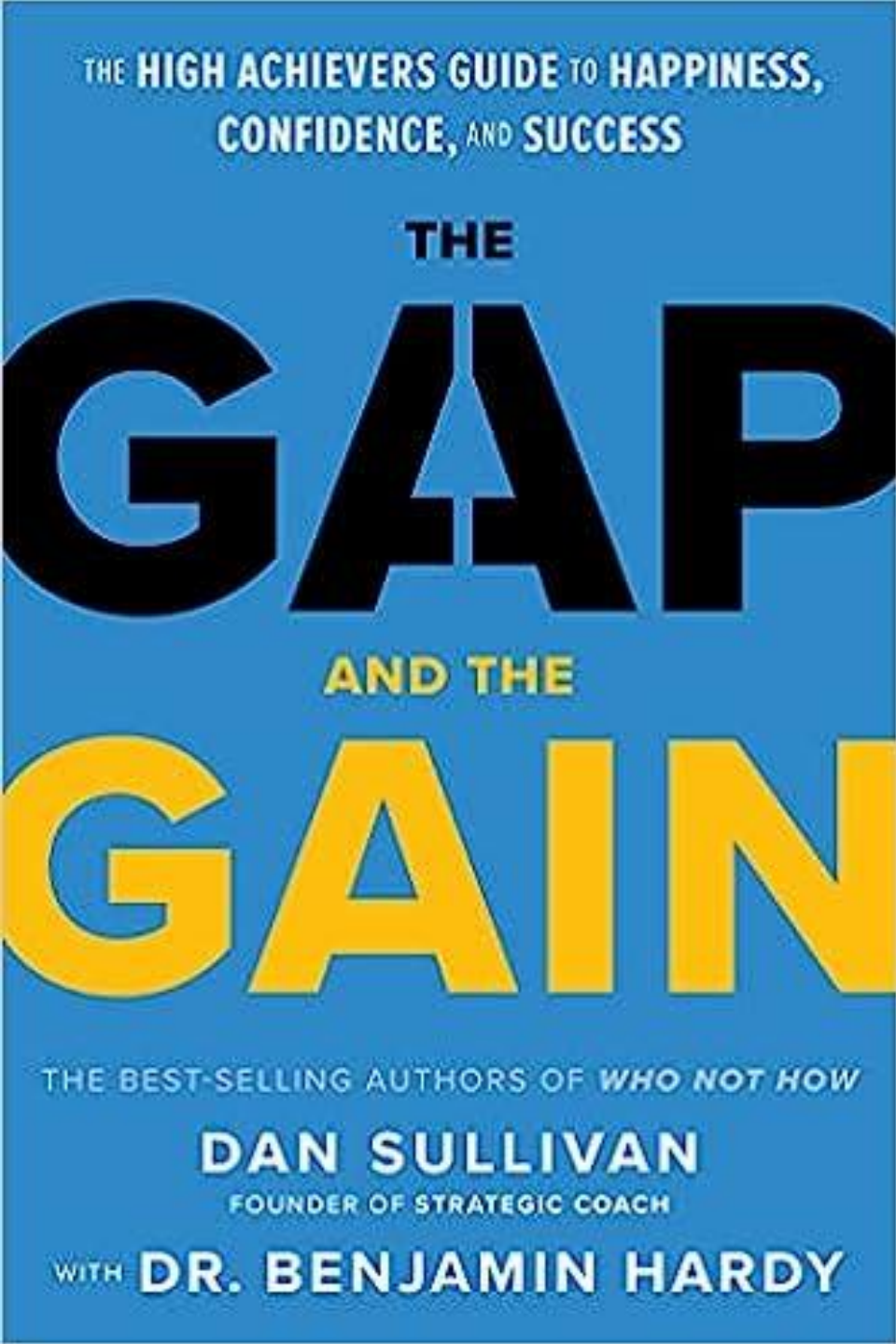
The Gap and the Gain



Reframing **FEARS & CONCERNS**

Don't look at how far you have to go (the gap).

Look at how far you've come (the gain).



Reframing **FEARS & CONCERNS**

Write down a concern
from a gap and gain
perspective.

Reframing **FEARS & CONCERNS**

Self Talk



Self Talk

Your EGO says, "You can't do this—
don't take the risk."

You reply, "Thank you, but I'm here
to make an impact and that's worth
the risk."



Self Talk

Your EGO says, "You can't do this—
don't take the risk."

You reply, "Thank you, but I'm here
to make an impact and that's worth
the risk."

Write down a reply to your ego protecting you.



CAREER OPTIONS

to consider

CAREER OPTIONS

- Consulting, teaching or coaching
- For-profit
- Non-profit
- Social enterprise
- Franchise



**PUT IT ALL
TOGETHER**

BRING IT ALL TOGETHER

- Lessons from parents
- Your “Why”
- Skills
- What lights you up
- Pie, cake, parfait
- Reframed concerns
- Your options



**WHAT DID
YOU GET?**

Helpful
program:



MY GIFT

to you

