CHECKLIST · RELATIONSHIP

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# Helping a Partner or Friend Through a Career Transition



Supporting someone through a career change fosters trust and confidence. Use this checklist to provide meaningful support.

10 steps | Print-ready A4

| NAME | START | TARGET DATE |
| --- | --- | --- |
| | | |

## 1 Listen to Their Concerns

Allow them to share their feelings about the transition without interruption.

TIP *Use phrases like, "I hear you, and I'm here to support you."*

## 2 Celebrate Their Decision

Acknowledge the courage it takes to make a career change.

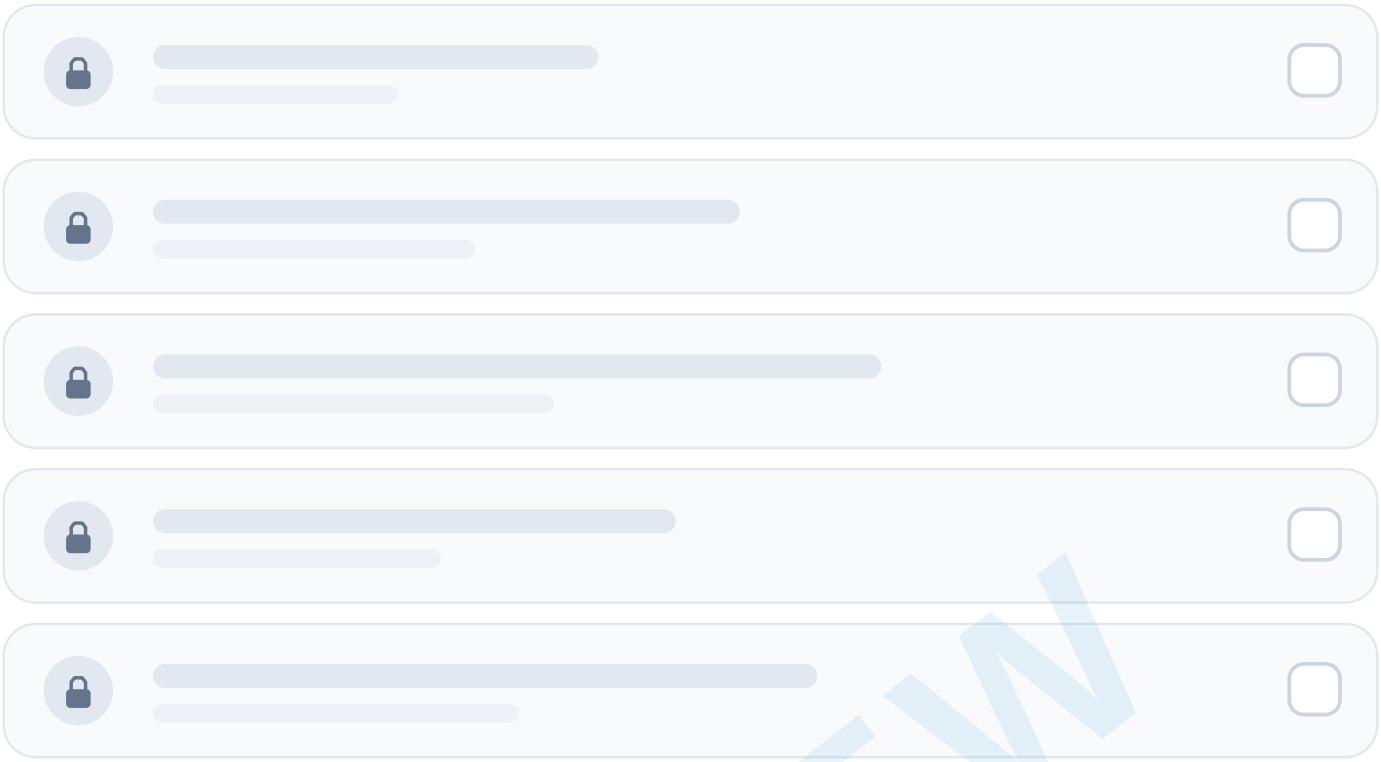
EXAMPLE *"I'm proud of you for taking this step—it shows real strength."*

## 3 Assist with Research

Help them gather information about job opportunities or training programs.

TIP *Offer to look up resources like networking events or job boards.*

PREVIEW



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