



3 Day Free Mini-Course

Career Change Confidence:
Break Through the Fears and Limiting
Beliefs Holding You Back

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Our Course Intention

In just 3 days,
you'll identify and begin overcoming the three
biggest confidence blockers that keep people
stuck in unfulfilling careers,

so you can move toward a more meaningful
future with greater clarity and
self-confidence.



Fear of Starting Over

LESSON TITLE

You're Not Starting Over—You're Starting From Your Own Personal Experiences

Key Teaching Points

- » Many believe a career change means abandoning everything they've built.
- » Actually, you're bringing valuable transferable skills, knowledge, and life experience with you.
- » Your past career was not a waste of time; it was preparation for where you are now.



EXERCISE

The Transferable Skills Inventory

1

Strengths

Strengths I've identified in a job, Hobby, Raising a family, Volunteering

2

Achievements

Achievements I felt good about

3

What I Enjoyed

What you enjoyed in a past job, Hobby, Raising a family, Volunteering

We suggest listing at least 5 items for each column.

Fear of Starting Over

LESSON TITLE

You're Not Starting Over—You're Starting From Your Own Personal Experiences



REFLECTERCISE

What strengths and experiences am I overlooking because I've been focused on what I lack?

Tomorrow we'll tackle the fear that keeps many women from moving forward—even when they know they want a change.

Fear of Failure

LESSON TITLE

What If It Doesn't Work? Reframing the Fear of Failure

"What could we accomplish if we knew we could not fail ?"

— Eleanor Roosevelt

Key Teaching Points

- » Fear of failure often disguises itself as procrastination, self-limiting beliefs, and overthinking.
- » Many people treat career decisions as fixed and unchangeable.
- » Confidence grows through action, not certainty.



EXERCISE

The Worst-Case, Best-Case

On a piece of paper, write and then answer:

Worst-case scenario

Best-case scenario

- » What would I do if the worst-case scenario happened?

- » What would I do if the best-case scenario happened?

Fear of Failure

LESSON TITLE

What If It Doesn't Work? Reframing the Fear of Failure



REFRAMING EXERCISE

Change your negative self-talk to more positive self-talk.

Example

"I will never get that job"



"I deserve to have a great job"



REFLECT EXERCISE

Am I avoiding action because the risk is truly too high, or because uncertainty feels uncomfortable?

Tomorrow you'll learn how to quiet your harshest critic—the voice inside your own head.

Fear of Not Being Good Enough

LESSON TITLE

Stop Being Your Own Biggest Obstacle

Key Teaching Points

Feeling not good enough often sounds like:

- » "I'm too old."
- » "I should have figured this out already."
- » "Who am I to do this?"
- » "I cannot do this."

Remember

- » Confidence isn't believing you'll never fail.
- » Confidence is trusting yourself to handle whatever happens.



EXERCISE

Rewrite the Inner Critic

STEP 1:

- » Write down your most common self-critical thoughts.

Fear of Not Being Good Enough

STEP 2:

Ask yourself:

» Is this absolutely true?

» What is my evidence for believing this?

» What would I say to a friend in this situation?

STEP 3:

» Create a new empowering statement.

Example 1

"I've waited too long" → "My experiences have prepared me for this next chapter."

Example 2

"I'm afraid to apply for that job" → "I have the courage to apply for that job."

Fear of Not **Being** Good Enough

Write 3–5 examples of negative self-talk and transform them into positive, affirming self-talk.



REFLECTERCISE

What would I do if I believed in myself just 10% more than I do today?

You've Identified the Fears— Now Let's Build Lasting Confidence

Over the Last Three Days You've Discovered:

- » You're not starting over.
 - » Failure doesn't have to block moving forward.
 - » Self-criticism doesn't have to control your decisions.
-

Becoming aware of your fears is only the first step.

If you're ready to build the awareness, confidence, and clarity needed to make a meaningful career change, we invite you to join our online course:

How to Build Self-Confidence When Making a Meaningful Career Change

Inside the Program You'll Learn How To:

- » Shatter limiting beliefs that have been holding you back.
- » Build a self-confident mindset that promotes resilience, even in challenging times.
- » Clarify your next career move and take actionable steps toward it.

Access practical tools including:

- Guided audio meditations
- Live monthly Q&A sessions
- Self-confidence-building exercises
- The Quick Access Self-Confidence Toolkit
- And more

Your Meaningful Next Chapter Is Waiting



You Got This!

We're Here For You.

JOIN TODAY

By Amy and Michelle



www.pathwaysforpersonalgrowth.com