

How to Change Your Career & Life

with Joanne Lipman

Using Joanne's 4 S's Framework

The Reinvention Roadmap: Understanding the Four S's which consists of four steps: **Search**, **Struggle**, **Stop**, and **Solution**. **Search** - Explore new interests and gather experiences for reinvention, **Struggle** - Release your old identity, facing challenges essential for growth, **Stop** - Engage in activities like walking or meditating to enhance creativity, and **Solution** - Follow these steps carefully to reach a fulfilling outcome.

Top 3 Takeaways

Realising 'Aha' Moments

Neuroscientists studying creativity found that "aha moments" arise when the brain processes different information. Intense focus can cause frustration, but engaging in relaxing activities like sleeping or exercising allows the brain to connect ideas. These breaks facilitate new insights, leading to sudden realisations and innovative concepts.

Loneliness during Careers Transitions

Loneliness can be a real challenge during career transitions. Even with more free time, friends may not be available. It's important to practice self-kindness, make an effort to connect, and be patient. Additionally, consider volunteering and engaging with the community for a sense of purpose.

Nothing is Wasted

Joanne emphasised that "nothing is wasted" during career transitions. Skills gained over time can aid successful pivots. Individuals returning to work after family care or relocation, as past experiences like community organising can enhance confidence and ease the transition. Recognising these skills fosters a positive view of change.

Learn More

Think



If you're worried about something today, think about what Joanne said - will it matter in five years? If not, try not to let it bother you now.

Read



Read Joanne's book - [Next!: The Power of Reinvention in Life and Work](#)



Act



If you are in the midst of a career transition or contemplating one, consider using Joanne's 4 S's to kickstart your journey.



During this period of change, focus on acquiring a new skill or volunteering, as these activities can help boost your confidence and alleviate any loneliness you may experience.

Listen



Unlock this Pod Sum Up by listening to [Joanne's](#) interview.



My Next Steps



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