

RELATIONSHIP INVENTORY

Changing careers is not a solitary undertaking. People desire connection and having inter-personal support during a career transition is considered an asset. Not every relationship provides the same type of support. So, it can help to evaluate which relationships would be most beneficial to tap into at various points in the career change process.

This document is meant to be used throughout your career transition (and after!) as a worksheet to provide you with a relationship inventory.

Step 1

Take the time to look over these relationship categories and list people in your life who might need to know you are making a career change, or who might be able to lend support.

Family – partner(s), kids, parents, siblings, other family members.

Network Contacts – current and past colleagues, teachers, alumni from your alma matter, etc.

Friends

Social relationships – sometimes support can come from unexpected places: community connections you’ve made at the local coffee shop, church, social media, gym, etc. Consider if anyone in the other categories have any industry connections or can provide you with other networking supports. For example: Maybe your friend has a child who is great at making websites and that is something you need help with.

Other – anyone else that can’t be categorized in the other areas?

No two career changes will look the same. Different people will need different things, at different times. It will help your career change process if you consider what types of support you might need at different times during your career transition.

Step 2

Regardless of where you are in the career change process, consider the upcoming months and think about what you are going to be undertaking. Then decided on the kind of support you will need during that time (the prompts below may help). Now choose around 3-5 people from above who might be helpful based on the perceived needs and make note of them. In a few months, you can repeat this process as new relational needs come to light.

Take the names you already came up with and add them below. These suggestions are not exhaustive, so add your own!

—Who do you need to discuss they ways in which you might need to be supported in the coming months?

—Cheerleads?

—Reflective listeners

—Who can be a sobering presence?

—Who might lend support in areas such as emotional, financial, and practical (cooking you a meal, picking up kids from school, etc.)?

—You will get busy and distracted while settling into your new career. Which relationships do you highly value and don't want to forget to nurture?

—Working from home can lead to loneliness, who might be a good person to reach out to during these times?

—Who is good at staying in contact and you could ask to touch base?

—People who know your strengths

—Not everything always goes to plan, who is a good person to vent to?

—Small business advice

—People who have career transition experience

—Entrepreneurial Experience

—Who is good at brainstorm that you can bounce ideas off?

—Do you know anyone else who is an Indexer that you can get in touch with or stay in touch with?

—Who seems to know everyone and might be able to connect you and broaden your network?

—Who do you find motivational?

—Where can you get constructive feedback?

—Once you have become more established in your indexing career, is there anyone you now realize would be good to reach out to?

DISCLAIMER

The content in this document speaks to general trends found in research literature. It should not replace careful consideration of individual career situations, nor can they take the place of consultation with mental health professionals.

ABOUT

This document is an extract from the *Resources for Mid-Life Career Changers: Final Report and Web Content*. The project is a research collaboration between the Indexing Society of Canada/Société canadienne d'indexation (ISC/SCI) and the King's University (TKU) in Edmonton. Supervised, honors-equivalent psychology students conducted the research in partnership with the ISC/SCI as a capstone senior research project in their senior seminar. The ISC/SCI Executive committee collaborated with the King's Community Engaged Research (CER) Program to initiate and design the project.

The ISC/SCI has been the professional society for indexers in Canada since 1977. For more information, please visit indexers.ca.

The CER Program at the King's University facilitates university-community partnerships in which student-supervisor teams engage community partners in the design and implementation of research that addresses community-defined needs. For more information, please contact the Program Manager, Dr. Elim Ng (Elim.Ng@Kingsu.ca) or visit the CER [webpage](#) on the King's University website.