



**MY PROFESSIONAL TRANSITION**  
**5 Weeks to Reorient Myself**  
Anne-Caroline Lourmière

**You would like to change your profession, but don't know how?  
Here's the antidote to professional stagnation!**

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Designed as a practical guide, this book outlines a structured and gradual pathway that makes it easy to reorient yourself professionally all on your own. Self-evaluations, questionnaires and exploratory activities enable you to prepare your career change and create a new plan that is adapted to you, motivating, and realistic. This self-coaching approach will suit everyone who wants to know themselves better and give a new boost to a career that has run out of steam. This book is for all those who want to take the time to reflect on their professional career, who feel they are stagnating or no longer find meaning in their job or their position, and for those who no longer see themselves as part of their company's future.

Rooted in the reality on the ground, this book is enriched by the individual experiences of "repurposed" workers, but also by peer readings and exchanges. It also draws on research in cognitive and social psychology, as well as on studies and tools from the psychology of work, positive psychology, the neurosciences, human resources and marketing.

**STRONG POINTS**

- A practical guide for those who want to take stock of their professional lives entirely on their own and at their own speed.
- A structured, gradual, and practical supportive approach for professional transitioning, rooted in the reality of the job market.
- A comprehensive approach in which all facets of the individual are touched on: personality, education, professional background, skills, passions, values.
- Tools used by and adapted from research in the human and social sciences.
- Personal accounts from people who have decided to redesign their professional path.

**Subjects:** career choice, professional orientation, skills assessment, meaning of work, career transition, employability, professional mobility, career progression, transitioning, psychology, self-knowledge

*Anne-Caroline Lourmière is a coach, trainer and instructor. Formerly a journalist in Canada and now residing in France, she now assists people in making their professional transition. Her multidisciplinary background in law, journalism, economy, psychology, and systemic action has shaped her profoundly humanist view of human beings and their potential.*