

Top 10 Episodes of The Change Academy for Exploring New Career Paths



LIFE DIRECTIONS CAREER

with Dr. Bethy Campbell



CHANGE ACADEMY

with Monica Reinagel



Hello!

Thank you for listening and downloading! Before you dive into the article, I wanted to personally connect with you. I'm Dr. Bethy Campbell, a psychologist and career counselor.

I know finding career fulfillment can be tough but totally worth it. The Change Academy Podcast has some amazing episodes that can help you develop your career and explore new paths. In this article, I'll share the top 10 episodes that offer great insights and support.

Remember, it takes time and self-reflection to find your dream career. Change is constant, and your career journey is about self-discovery. Let The Change Academy Podcast be your guide as you take this exciting step. Enjoy the episodes and make choices that align with your purpose.

I'd love to hear from you about your career journey and new career paths you're exploring. You can email me at hello@drbethy.com.

Best of luck and success on your career adventure!

Dr. Bethy

Top 10 Episodes of The Change Academy for Exploring New Career Paths



Embarking on a new career path or seeking professional growth requires careful consideration, self-reflection, and the right guidance. The Change Academy Podcast, hosted by Monica Reinagel, offers a wealth of knowledge and practical advice on cultivating a productive mindset, forming sustainable habits, and creating a lifestyle that aligns with your goals and overall well-being.

In this article, we will explore how The Change Academy Podcast can support your career development journey and assist you in exploring and choosing a new career. We'll highlight the top 10 episodes that provide valuable insights and guidance along the way.

Here are the 10 best episodes to listen to for career development and exploring new career options:

A COMPELLING REASON EPISODE #2

[\(CLICK TO LISTEN\)](#)

When it comes to exploring and choosing a new career, having a compelling reason for change is crucial. Sometimes, you might be struggling with a lack of motivation or uncertainty about whether to pursue a career change. This episode can help you address these struggles by emphasizing the importance of finding personal reasons that deeply resonate with you. By listening to this episode, you can gain clarity and motivation to pursue a career change that aligns with your values and aspirations. For example, if you're considering a career shift from finance to the arts, this episode can help you reflect on the underlying reasons behind your desire for a creative career. It can guide you in identifying how a career in the arts aligns with your passion for self-expression and fulfillment.

YOU MUST HAVE A PLAN EPISODE #5

[\(CLICK TO LISTEN\)](#)

Planning is a powerful tool in your career development process. Sometimes, you might struggle with uncertainty and a lack of direction when exploring and choosing a new career. This episode highlights the power of planning and underscores the importance of a well-structured plan as a roadmap for turning your career goals into reality. By listening to this episode, you can gain insights into effective planning techniques, such as setting realistic objectives and breaking them down into actionable steps. This information can be helpful in addressing your struggles by providing a clear framework for navigating your career transition. For example, if you're unsure about the steps to take to transition into a new industry, this episode can guide you in creating a strategic plan that includes researching the industry, acquiring necessary skills, and networking with professionals in the field.

CREATING YOUR SUPPORT STRATEGY EPISODE #7 **[\(CLICK TO LISTEN\)](#)**

Exploring and choosing a new career can be challenging, and having a support system is essential. Sometimes, you might struggle with feelings of isolation or lack of guidance during your career development journey. This episode emphasizes the importance of creating a support strategy to surround yourself with people who encourage and support your growth. By listening to this episode, you can gain insights into building a strong support system and removing obstacles that hinder your career progress. For example, if you're feeling discouraged or facing resistance from friends or family regarding your career change, this episode can provide guidance on how to seek out like-minded individuals, mentors, or career counselors who can provide guidance, advice, and encouragement.

PRACTICE MAKES PERMANENT EPISODE #8 **[\(CLICK TO LISTEN\)](#)**

Practice is a crucial element in achieving lasting change, including a career change. Sometimes, you might struggle with developing new skills or adopting new behaviors that align with your desired career path. This episode emphasizes the significance of deliberate practice and cultivating thoughts that support your desired career behavior. By listening to this episode, you can gain insights into effective practice techniques and develop a growth mindset that enhances your career development process. For example, if you're transitioning into a field that requires technical skills, this episode can guide you in creating a practice routine to improve your proficiency in those skills. It can help you understand the importance of consistent practice, embracing challenges, and learning from mistakes.

FAILURE IS AWESOME EPISODE #9

[\(CLICK TO LISTEN\)](#)

Failure is an inevitable part of any career journey. Sometimes, you might struggle with fear of failure or perceive failure as a setback. This episode reframes failure as a valuable learning experience and discusses how embracing failure and learning from it can lead to growth and eventual success. By listening to this episode, you can gain a resilient mindset and learn how to view failure as useful data for your career development. For example, if you've encountered setbacks or rejections in your job search or entrepreneurial pursuits, this episode can help you shift your perspective. It can teach you to see failure as an opportunity to learn, make adjustments, and refine your career choices.

CHANGE IS FOREVER EPISODE #10

[\(CLICK TO LISTEN\)](#)

Understanding that change is a continuous process is vital in your career development journey. Career development is not a static process that concludes once you secure a job. Instead, it is a continuous and dynamic journey that involves managing and advancing your career throughout your life. This episode explores the idea that change is ongoing and emphasizes the need to evaluate the long-term sustainability of habits and behaviors when making career choices. By listening to this episode, you can understand the importance of adapting to change and continuously evolving your career. For example, if you're considering a career change in an industry that is rapidly evolving, this episode can help you develop a mindset that embraces change and encourages continuous learning and growth. It can guide you in making informed decisions by considering the future prospects and potential advancements in your desired field.

YOUR FUTURE SELF EPISODE #35

[\(CLICK TO LISTEN\)](#)

Visualizing and connecting with your future self can be a powerful tool in your career development process. Sometimes, you might struggle with uncertainty or a lack of direction regarding your long-term career goals. This episode focuses on creating a clear vision of your desired career and using it as a guiding force. By listening to this episode, you can gain insights into aligning your career choices with your long-term aspirations. For example, if you're unsure about the direction to take in your career, this episode can guide you in envisioning your future self in different scenarios. It can help you reflect on the type of work you find fulfilling, the impact you want to make, and the values you want to align with, enabling you to make choices that resonate with your future aspirations.

HABITS AND IDENTITY EPISODE #51

[\(CLICK TO LISTEN\)](#)

The habits we develop shape our identity and have a significant impact on our career development. Sometimes, you might struggle with breaking old habits or adopting new ones that support your desired career path. This episode discusses the connection between habits and identity, highlighting how our routines and behaviors shape how we see ourselves. By listening to this episode, you can understand how to build supportive habits aligned with your core values. For example, if you're transitioning into a career that requires discipline and time management, this episode can guide you in establishing daily routines and habits that support your professional growth. It can help you align your behaviors with your desired career identity, such as developing a habit of continuous learning or dedicating focused time for skill development.

WHAT GOALS ARE STILL UNMET? EPISODE #53 **[\(CLICK TO LISTEN\)](#)**

Evaluating your current goals is crucial in your career development process. Sometimes, you might struggle with unachieved goals or feeling stuck in your career path. This episode encourages listeners to reassess their emotional investment in unachieved goals and consider either letting them go or taking concrete actions to move forward. By listening to this episode, you can benefit from reflecting on your current goals and making informed decisions about your career path. For example, if you've been pursuing a specific career goal for a long time without significant progress, this episode can help you evaluate whether the goal still aligns with your aspirations. It can guide you in letting go of goals that no longer serve you or developing a renewed action plan to revitalize your progress.

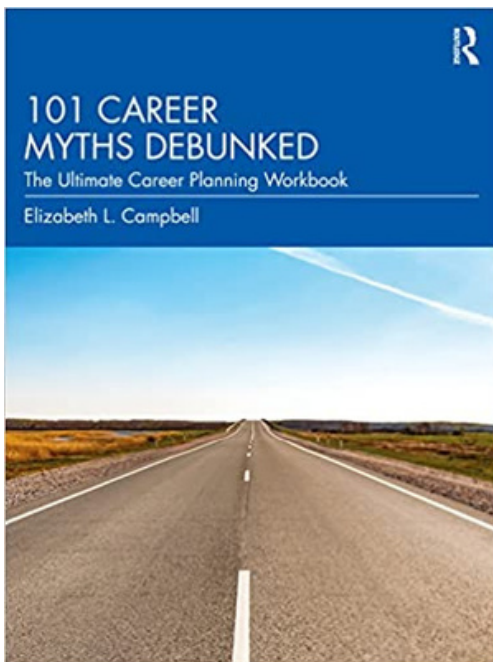
HOW TO USE STRESS TO YOUR ADVANTAGE **WITH DR. NICOLE BYERS EPISODE #54** **[\(CLICK TO LISTEN\)](#)**

Stress is an inevitable part of the career development process, but understanding how to manage and leverage stress can be beneficial. Sometimes, you might struggle with stress-related challenges, such as burnout or feeling overwhelmed. This episode explores the impact of stress on behavior and provides insights on reframing stressful situations. By listening to this episode, you can learn how to manage stress and leverage it for improved effectiveness in your career journey. For example, if you find yourself experiencing high levels of stress during your career transition, this episode can provide you with strategies for stress management, such as mindfulness techniques, setting boundaries, and seeking support when needed. It can help you maintain a healthy mindset and navigate the challenges that come with exploring and choosing a new career.

Unlock Your Career Potential

The Change Academy Podcast provides a treasure trove of insights and practical advice for individuals seeking career development and exploring new professional paths. By listening to these top 10 episodes, you'll gain a deeper understanding of the change process, find motivation for pursuing a fulfilling career, and learn strategies to navigate the challenges that come with exploring and choosing a new career. Remember, your career journey is a continuous process of growth, adaptation, and self-discovery. Let The Change Academy Podcast be your companion as you embark on this transformative endeavor.

Looking for more career guidance?



Design your dream career with my comprehensive and personalized workbook. Your path to success starts here!

Get your copy on Amazon.
([Buy now](#))