

# The Heart of Your Career Pivot: Reframing Skills, Mindset & Possibility

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# Session Overview



**Mindset Shift for Career Pivots**

**Reframing Transferrable Skills**

**Live AI Role Play Demo**

**Reflection for a Healthy Job Search**

**Practical Tools You Can Reuse**

**Q&A**

# Head vs. Heart Job Search



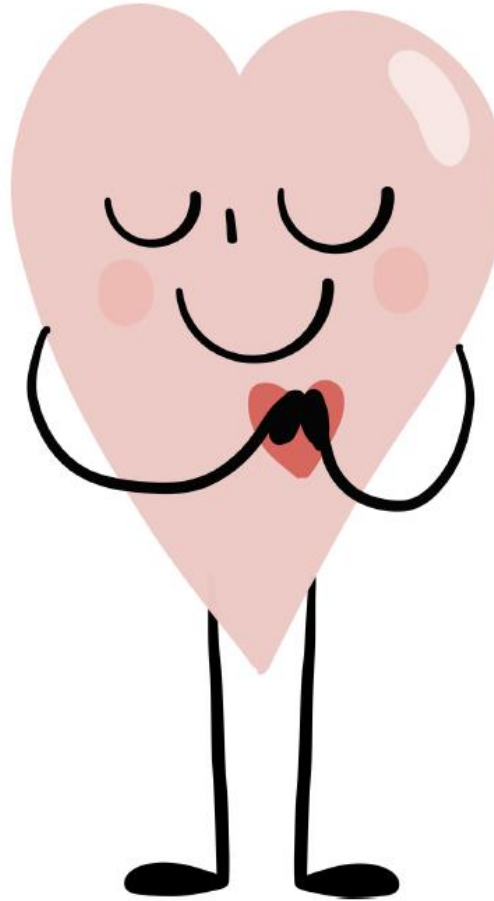
- **Your heart and brain are directly connected** — chronic stress can impact heart health, decision-making, confidence, and energy levels.
- **Job searching** is considered one of the top life ***stressors***, which means protecting your mindset isn't just motivational — it's health-related.
- A regulated nervous system supports ***better career decisions***.

# What thoughts show up when you're job searching?



## Head (Pressure)

- I don't have the right experience.
- I'm behind; I'm just TOO old!
- I'm starting over.
- Someone else is more qualified.



## Heart (Supportive)

- My skills transfer even if my title changes.
- Progress counts!
- I can learn what I don't know.
- Exploration is part of the process.
- I bring experience, not just job titles.

Which column creates *better* energy for interviews and decision-making?

# LinkedIn Learning can help...



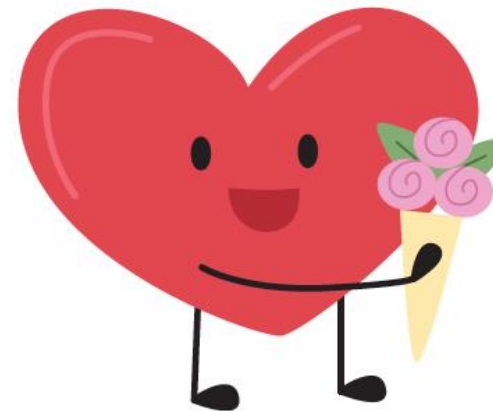
The goal isn't to ignore reality — it's to choose *thoughts* that *support* action.



AI role play gives you a *safe place* to move thoughts from the **Head** column into language from the **Heart** column.



Confidence grows in *practice*, *not* pressure.





## Transferable Skill Formula

### Task → Skill → Value → New Content

Example:

Answered Phones → Communication Triage → Improved Response Flow → Client Success Stories

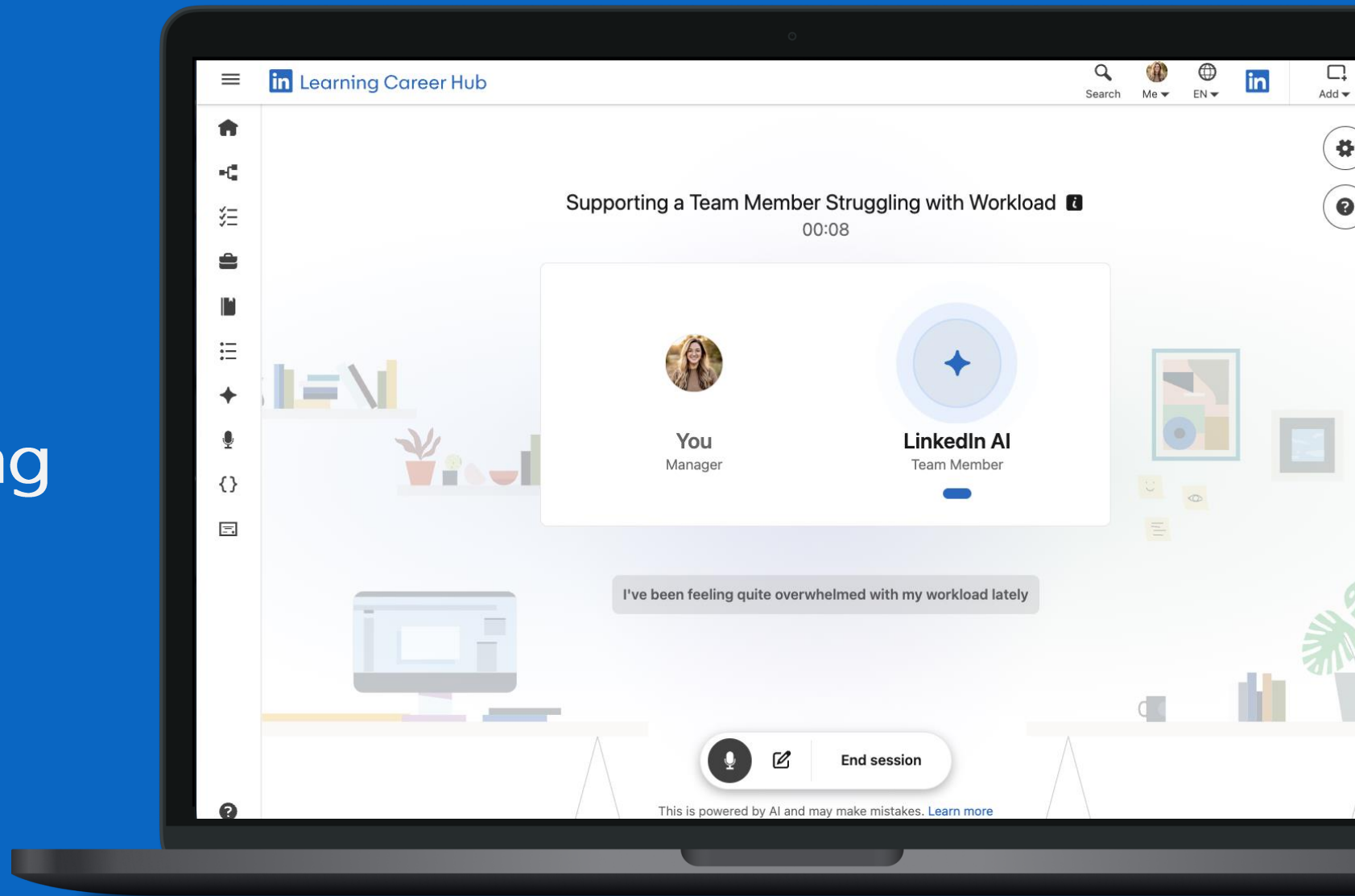
### Quick Activity: Your Strengths

Write Down 3 Things You Do Well

Examples:

- Solve Problems
- Calm Conflict
- Organize Chaos
- Support people
- Etc.

# Live Demo: LinkedIn Learning AI Role Play



# Here are a few other AI Role Play Scenarios you can practice, though feel free to make them your own.

1

## Informational Interview Scenario

“You are a professional in **[target role/industry]** and I’m conducting an informational interview; answer realistically, occasionally ask me a question back, and after every 3 of my questions give brief feedback on clarity, professionalism, and curiosity.”

2

## Career Change Story Scenario

“You are a hiring manager for **[target role]** and I’m switching from **[past field]**; evaluate my “Tell me about your background” answer for clarity, logic, and transferable skills, give a stronger concise version, then ask a realistic follow-up.”

3

## Confidence in Interviews Scenario

“You are an interviewer assessing both my answers and confidence; after each response give feedback on tone, specificity, ownership, and confidence, then show a more confident version and ask the next question.”

4

## Exploring New Industries Scenario

“You are a career exploration coach; for each skill I share, identify transferable skills, suggest three relevant industries with one job title each, explain the fit briefly, and ask which option interests me most and why.”

# Reflections for a Healthy Job Search

## Ask Yourself This:

What do you want more of?  
What do you want less of?  
What does healthy work look like?

## Your Career Pivot Toolkit:

Mindset Reset: What am I  
bringing with me?

Skill Reframe Formula  
AI Practice Loop  
Weekly Value Reflection

## Key Takeaways:

You are not behind  
You are Translating  
Confidence comes from practice  
Career pivots are experiments

## ***How to Use LinkedIn Learning Course***

[Click here to watch!](#)

This course shows you how to use LinkedIn Learning to find personalized courses, Learning paths, and AI-powered tools so you can build skills and certifications and your own pace and get the most out of the platform.

## ***Unlock Your Career Potential Learning Path***

[Click here to watch!](#)

This Learning Path helps you navigate today's job market by optimizing your profile, expanding your network, and strengthening interpersonal skills, with a recommended learning path to further enhance your job search using AI.

## ***Rock Your LinkedIn Profile Course***

[Click here to watch!](#)

This course teaches you how to craft a standout LinkedIn profile that tells your career story, boosts visibility, and highlights your unique value—whether you're starting out, advancing, or changing careers.

## ***Need Technical Help? Email or Chat LinkedIn Customer Support***

[Click here to reach out!](#)

Experiencing a login issue? Can't remember your password?  
Reach out to LinkedIn Customer support for help—they're available 24/7 to help you directly. This link also bypasses any prompts to get you right to the submission form or chat link.

Q&A



**Thank You!**

