Career Transitions with Ciara Eastell OBE



Programme Overview

If you're standing at a pivotal point in your career, Ciara's **Career Transitions** programme is here to support you as you take your next steps—with clarity, confidence, and community. Drawing on her own senior-level career change in 2019, Ciara brings empathy, insight, and first-hand experience to help you navigate both the challenges and opportunities that transition brings.

Now, she supports other leaders ready for something new—be it a fresh direction, greater fulfilment, or an entirely new challenge. Ciara's approach is grounded, practical, and always supportive, designed to equip you with the tools and frameworks you need for a smooth and successful transition.

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CAREER TRANSITIONS
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Programme Details

Ciara runs three cohorts of the Career Transitions programme every year. These usually start in January, April and September. All sessions are online via Zoom.

Session Length: Each session runs for two hours, except the final session, which is three hours.

Recordings: Sessions are recorded for registered participants unable to attend live. (Full attendance is recommended, but we know life can get busy).

Preparation: Ahead of each session, Ciara sends you resources – podcast recommendations, articles, and reflective exercises. Engage as much or as little as your diary allows.

Group Size: Groups are up to 8 people to retain a friendly and inclusive environment.

Payment: Participants often pay for themselves. Alternatively, employers, who are considering changes to their operating models, may wish to support affected staff to participate in the programme, either as part of outplacement support or through succession planning, so employees have greater clarity on what might lie ahead.

Optional One-to-One Coaching: Some participants supplement the group experience with three one-to-one coaching sessions with Ciara—one before, one midpoint, and one after the programme—for more personalised support.

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Session Breakdown

Session 1

Introducing the Career Transitions Group Coaching Programme

- How the programme works
- Introductions and sharing where we're all at with our career transitions
- Practical takeaways to plan for the next step

Session 2

Exploring your transferable skills, motivations and values

- Explore your core motivations and values
- Develop your sense of your transferable skills

Session 3

Building and leveraging your network

- Identify your key connections to support your transition
- Hear from a guest speaker about their experience of managing a career transition

Session 4

Financial considerations in transition

- Find out how to prepare your finances ahead of transition
- Hear from guest speaker and qualified financial coach, Lorraine McFall
- Assess your current financial status and calculate your transition budget needs

Session 5

Re-skilling and Continuous Professional Development (CPD)

- Practical advice on re-skilling and identifying transferable skills
- Skill-mapping to identify strengths and areas for growth
- Identify relevant CPD opportunities and training courses

Session 6

Developing your new professional identity

- Explore how to build your new professional identity
- Develop a personalised action plan to take your career transition forward
- Get practical around your CV and LinkedIn profile
- Finalise your career transition action plan and reflect on the progress you've made

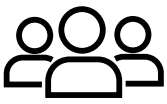
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Programme Pricing

Ciara has created this group programme to offer affordable, structured support for those ready to make a change and in need of guidance and accountability. The programme is an investment in you and your future. We understand that it can be difficult to find all the funds in one go, so flexible payment plans are available – please just ask.

Group Coaching Only



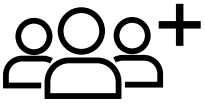
Early bird

£720 (inc. VAT)
Pay in full by early bird deadline

£840 (inc. VAT)
Full Price

£150 (inc. VAT) deposit, then x3 £230 monthly
Total £840 inc. VAT

Group Coaching PLUS x3 one-to-one Sessions



Early bird

£1440 (inc. VAT)
Pay in full by early bird deadline

£1700 (inc. VAT)
Full Price

£200 (inc. VAT) deposit, then x3 £500 monthly
Total £1700 inc. VAT

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What previous participants say about the programme

Ciara's Career Transitions Group Coaching Programme provided me with all the tools and techniques I need to take my next steps - all in a wonderfully supportive environment with like-minded people navigating what next for them. I would recommend it to anyone looking to make a career transition.

Sonia

The decision to leave is a lonely place. Taking part in the career transition sessions showed me that there were other people in similar transitions, which reinforced my self-belief and gave me strength. I thoroughly enjoyed meeting new people from such wide-ranging roles, places and stages of life – rooting for others helps pull you out of your own fixations".

Charlotte

Ciara guided us with an outstanding and supportive coaching style to reconnect with our true values and transferable skills and learn how to develop networks to support our future careers as well as think through the more practical steps of a career transition. I'm feeling so much more optimistic and confident about my future career possibilities.

Jenny



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Meet Your Coach, Ciara Eastell OBE

With over 25 years of experience leading transformational change and innovation, Ciara Eastell works with senior leaders, Chief Executives, and Boards to lead change with clarity, compassion, and impact.



Her career spans senior roles in the arts, social enterprise, public sector, and higher education – including as founding CEO of Libraries Unlimited and Professor of Practice at the University of Exeter Business School.

Ciara is known for her kind, calm, and ambitious approach in her work as a facilitator, advisor, and coach. She supports clients through times of change – whether that's gaining clarity on the next step in their career, navigating conflict, preparing for recruitment and selection, or managing a transition with confidence and care.

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Next steps

To find out more or to discuss whether the programme may work for you, please email Ciara at hello@ciaraeastell.co.uk to arrange a call.

If you are an employer who would like to discuss how the programme could support your staff team, please contact Ciara at hello@ciaraeastell.co.uk.

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