




# Sharpen Your Skills for the Future

Dr. Chandra Alston, Facilitator



To **intentionally** and **significantly** improve yourself and your circumstances, achieving a higher state of personal growth, well-being, or success, often through **self-development, setting and achieving goals, and taking action** to *create a more powerful and fulfilling existence!*



# Future Jobs

**The Job Market Is Changing—Are *You* Ready?**

# Future Skills

# Soft Skills That Set You Apart in 2025

Communication

Adaptability

Creativity

# Hard Skills That Set You Apart in 2025

Data Analysis

Project  
Management

Digital Literacy

AI Proficiency

# How to Develop these In-Demand Skills

- Online Learning
- Certifications
- Real Experience Through Externships

# How to Utilize these In-Demand Skills

- Can you reframe a stale process?
- Suggest a new angle on a project?
- Connect seemingly unrelated ideas to create something better?



# Early Career Professionals





# Early Career Professionals

- Initial stages of professional life
  - New to the workforce
  - Limited work experience
  - Transitioning from education to full-time work
-

# Early Career Professionals

- The Reality of Graduation
- The Weight of Choices
- The Illusion of Comparison
- The Grind and Growth
- Learning from Every Step
- The Road Ahead

# Early Career Professionals



- **Acquire and refine skills**
- **Develop a growth mindset**
- **Build your network**
- **Find a mentor**
- **Be proactive**



# Mid-Career Professionals



# Mid Career Professionals

- Significant Time in Chosen Career
- Considerable Experience and Expertise
- Could be in their 30s, 40s, 50s or perhaps older
- May have achieved success and stability
- May be looking for new challenges and opportunities





# Leveraging a Mid-Career Stage

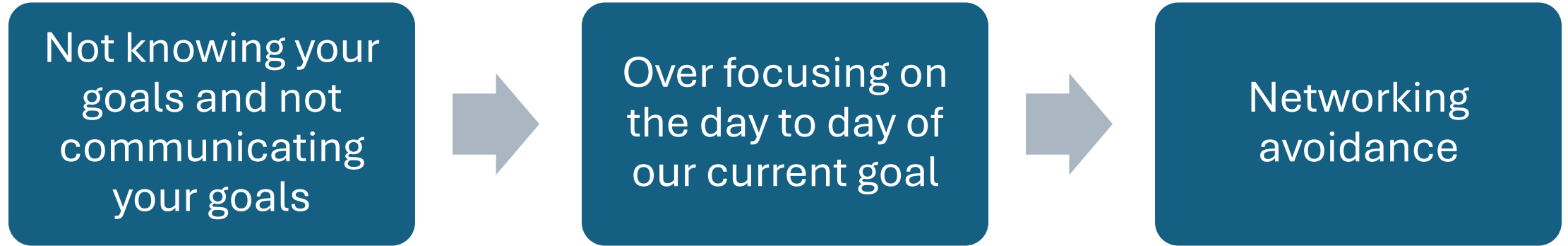
- Reflect on your path
  - Identify transferable skills
  - Emphasize leadership and achievements
  - Showcase industry adaptability
  - Strategically plan your next steps
  - Seek out mentors and network actively
-



# Leveraging a Mid-Career Stage

- Explore/Pursue new opportunities
- Consider a mid-career pivot
- Develop new skills and embrace change
- Upskill and learn
- Consider a different work structure
- Maintain work-life balance

# Mid Career Mistakes and How to Avoid Them



## Avoid these mistakes by...

- Defining your goals and communicate your goals
- Aligning current goals with the goals you would want to accomplish
- Planting networking seeds




# Late Career Professionals



# Late Career Professionals

- Late career is the life stage leading up to retirement, generally encompassing ages 45 to 65 and beyond
- Shifting priorities
- Transition and Reassessment
- Experience and Mentorship
- Life stage context



**Meera Chawla**  · 3rd+  
Coach | ICF-PCC | International NLP Trainer | Hel...  
[Visit my website](#)

### As a Senior Leader, When Is It Time to Quit?

This question doesn't come with fireworks or formal notices.

It arrives quietly in boardrooms, in brainstorming, in body language.

Ø If you're hearing a major decision for the first time in the meeting, chances are that you're no longer the decision-maker.

Ø If you're not talking strategy but are only executing instructions, you've already stepped down from leadership silently.

Leadership is not a seat at the table. It's your voice shaping what's served on it.

When that voice is ignored, diluted, or bypassed, it's time to ask yourself:

Are you still leading or just staying?

This isn't about ego. It's about Value, Alignment, and Relevance because staying too long in a place where you've stopped contributing at your highest level costs you, your growth and your team their direction.

Sometimes, quitting is leadership too. It opens the door for a bolder next chapter.



Rediscover your spark.



Seniority isn't measured in years. It's measured in impact. If that impact is fading, have the courage to face it.

Know when to quit and choose to rise, again.

[#Leadership](#) [#ExecutivePresence](#) [#Confidence](#)  
[#Coach](#) [#KnowWhenToQuit](#) [#SeniorLeaders](#)  
[#BoardroomWisdom](#) [#StrategicThinking](#)  
[#MeeraChawla](#) [#ICFCoach](#) [#NLPTrainer](#)





# Late Career Professionals

## Reflect and Realign

- Self-Assessment
- Revisit Passions
- Define Purpose

## Leverage & Expand Your Assets

- Activate Your Network
- Identify Transferable Skills
- Consider Mentoring



# Late Career Professionals

## Adapt and Learn

- Lifelong Learning
- Upskill Strategically
- Stay Open to New Paths

## Consider a Career Shift

- Networking for Insight
- Targeted Resume
- Volunteer/Intern

# Late Career Professionals

## Prioritize Your Well-being

- Invest in Your Health
- Maintain Work-Life Balance





Where Do I Go From  
Here?





# What Ignites Career Change?

- Lack of Opportunity
  - Lousy Management
  - Toxic Work Environment
  - Career Advancement
  - Too Much/Too Little Work
  - Finances
  - Lack of Benefits/Rewards
  - Money
  - Stress
  - Appreciation
  - Flexibility
  - Opportunities
-

# Career Change

- A career change when you're unsatisfied regardless of your age is rarely a terrible idea.
- Your experience at 30 doesn't match your experience at 50: approach your career search accordingly depending on your situation.
- Consider your game plan for your midlife or late in life career change step by step.
- Take inspiration from other late in life career changers and enjoy the journey.



**F HD**

“In this lifetime, you don't have to prove nothing to nobody except yourself”

# “Get Busy Living or Get Busy Dying!!!”

## Andy Dufresne, Shawshank Redemption

- Self-Assessment
- Career Research
- Skill Development & Experience
- Pursue Relevant Education or Training
- Gain Experience through Volunteering, Internships or Taking on More Responsibility
- Networking & Mentorship
- Action Planning and Execution
- Reflection & Re-evaluation





**THANK YOU!**