



THE
TRANSITION
COACH

A REFLECTION WORKBOOK

The Transition Workbook

*Five themes to help you meet change with clarity,
self-trust and gradual momentum.*

Helping women navigate change and thrive.

thetransitioncoach.co.uk



A space to hear yourself think.

Change rarely arrives in a straight line. Whether you are standing at a crossroads in your work, your relationships, your health or your sense of who you are, the most useful thing you can do is pause, explore within and listen to your true feelings.

These reflective questions are an invitation to do exactly that. There are no right answers here and nothing to hand in. This workbook is for you and you only, so be honest, curious and enjoy the process.

Take it slowly, whether you explore a theme each day or work through this workbook all in one sitting, find a comfortable spot where you won't be interrupted. Write freely. Notice what rises to the surface and trust that clarity will arrive.

Reflection is where it begins; what you do next is where the change happens.

HOW TO USE THIS WORKBOOK

- Find somewhere peaceful where you have space to think.
- Write by hand if you can; it slows the mind to a reflective pace. You may prefer to draw whatever comes up for you. Use the blank spaces in this workbook however you wish. There are no rules.
- Return to these pages and the questions within whenever something is changing for you again.

01 ARRIVE · WHERE YOU ARE NOW

GENTLE PROMPT

In just a few sentences, what is the change I'm experiencing, I will be experiencing, or I *need to experience* right now?

WRITE · SKETCH · REFLECT

GOING DEEPER

If I pressed pause in this moment and stopped trying to fix or hurry this, what would I notice about where I truly am? Is this what I expected to see?

WRITE · SKETCH · REFLECT

02 RELEASE · WHAT YOU ARE CARRYING

GENTLE PROMPT

What is weighing me down at the moment? Does it feel *heavier than it needs to be*?

WRITE · SKETCH · REFLECT

GOING DEEPER

Which of these, perhaps a role, a belief, or an expectation, no longer belongs to me? What would it take to set it down, with compassion?

WRITE · SKETCH · REFLECT

03 TRUST · YOUR OWN AWARENESS

GENTLE PROMPT

When I picture this change, what is my *first, instinctive response*, before I talk myself out of it?

WRITE · SKETCH · REFLECT

GOING DEEPER

When the outside noise goes quiet, what does my inner self tell me I need next, even if it's inconvenient or challenging?

WRITE · SKETCH · REFLECT

04 ALIGN · WHAT MATTERS MOST

GENTLE PROMPT

What *matters most* to me as I step into this transition?

WRITE · SKETCH · REFLECT

GOING DEEPER

If this change was shaped by these values rather than by my fears, what would I begin to do differently?

WRITE · SKETCH · REFLECT

05 BEGIN · IT STARTS WITH A SIMPLE STEP

GENTLE PROMPT

What is *one small thing* I could do this week that my future self would thank me for?

WRITE · SKETCH · REFLECT

GOING DEEPER

What next step could I take towards my whole self; towards becoming more fully who I am?

WRITE · SKETCH · REFLECT



A SERENE NEXT STEP

If something in this workbook has shifted your thinking, that's worth exploring.

The prompts in this workbook are similar to the questions we may work through in coaching, only with more space, time and support - as well as the accountability of an experienced coach and mentor alongside you as you start to take action towards the change you need.

Therapy-informed coaching with me offers a calm, compassionate, focused space to navigate change of every kind: a career at a crossroads, a life in transition, midlife and menopause, or making sense of a late ADHD or autism diagnosis.

Whenever you feel ready, I'd love to talk.

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THErapy-INFORMED COACHING FOR WOMEN AT A CROSSROADS

