

EnergiseLegal case study

For Solicitors/Career Management/Career Transitions

Time to think in lockdown career tipping point

The Brief

- Lockdown working from home had magnified their frustration with their current role and resolve to do something about it.
- To identify a more fulfilling role that played to their strengths.

Our Role

- Career coaching exercises helped them to pinpoint exactly what they didn't like about their current role, employer and culture and what would suit them better.
- Shared new ideas for them to meet new people who had similar interests.
- Helped them to create detailed self-awareness of what they had to offer a new employer.
- Explored diverse career ideas which would suit them, from evolutionary e.g. knowledge support lawyer, to revolutionary career ideas away from the law e.g. ecologist.
- Shared tools that would ensure they would protect time in their career for the social activities they enjoyed, giving them energy to create the career change that they sought.

The Result

- Feeling more energised and positive about the future.
- Reaching out to their network for advice and support.
- Applied for suitable jobs that met their brief.
- Confidence to turn down a role in a law firm that they knew wasn't right, having done the preparatory career coaching exercises.
- Excited about a knowledge support lawyer role that fitted their ideal role brief.