



# MASTERING MID-CAREER TRANSITION

Discovering a New Purposeful Career



Risto M Koskinen





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My sincere thanks to all my clients and connections on LinkedIn.

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It would be a list of several pages if I were to thank you all personally – and it would be unfair to many if I were to list just the closest connections.

But there is one person I want to name:

***Sonal Bahl***  
*Career Coach*  
*MBA (INSEAD)*

You encouraged me to start creating content on LinkedIn in May 2020, supported my posts, and shared your insights. You have also shown me the value of consistency through your weekly #SuperChargeFridays.

Therefore, this book is dedicated to you, Sonal. I feel privileged to be able to call you my friend.

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Are you a mid-career professional seeking change?

**Mastering Mid-Career Transition** offers a comprehensive guide to navigating career pivots with confidence.

**Discover eight essential perspectives** and proven tools to anticipate, navigate, and thrive in career transitions.

**Craft a vision** for a balanced life where work aligns with your values.

**Harness tools** to cope with the emotional rollercoaster of career transition.

**Assess your life course**, career phases, and values.

**Identify and leverage** your unique skill set within a broader context.

**Uncover opportunities** for value creation and research potential new roles.

**Embrace the narrative** of a professional pivot and develop your brand.

**Explore unexpected** career possibilities and chart a sustainable trajectory.

**Master strategies** for effective professional relationships.

**Risto M Koskinen**, MBA, widely known as **#CoachRisto**, is a career transition coach and strategist with a proven track record. With a rich academic and practical background in education, social work, and business administration, and more, he brings a unique blend of expertise to his coaching practice, grounded in evidence-based strategies and a solution-focused approach.

Whether you're facing a career crossroads or seeking to guide others through their transitions, **Mastering Mid-Career Transition** offers invaluable insights and practical tools for lasting transformation.

