



LUMINARIA LIFE
LEADERSHIP. CHANGE. GROWTH.

CAREER TRANSITION ADVISORY GUIDE



Your Next Chapter Starts Here.

Guidance and Clarity for Life's
Most Important Career Transitions.

“

*Change is not the end of your story.
It's the beginning of
your next chapter.*

”



TRANSITIONS CREATE OPPORTUNITY.

Every career transition is an invitation
to grow, realign and move forward
with intention.

You may be:

- Stepping into a new leadership role
- Considering a new direction
- Leaving a role or organization
- Redefining what's next
- Seeking more purpose and impact

I help leaders and senior professionals
navigate these moments with clarity,
confidence and a clear plan.

WHO I WORK WITH



Executives



Senior Professionals



Medical & Trial Directors



Functional Leaders



High-Potential Professionals



Professionals in
Career Transition

WHAT CLIENTS GAIN



Clarity about your next step



Confidence in your decisions



A clear career direction



Greater visibility and impact



A stronger personal brand



Sustainable fulfilment

“

*You don't
need to have
it all figured out.
You just need
the right clarity
to take the next
right step.*

”

MY ADVISORY APPROACH



CLARITY & EXPLORATION

Deep reflection
Values & strengths
Options & possibilities



STRATEGY & DECISION

Career strategy
Decision support
Action planning



EXECUTION & GROWTH

Transition support
Visibility & positioning
Sustainable success



THE GLOW METHOD™

Guided Reflection
Leadership Awareness
Optimized Habits
Well-being Integration

*Part of the Calm
Leadership Framework.*



YOUR NEXT CHAPTER DESERVES CLARITY.
Leadership isn't about having all the answers.
It's about having the clarity, confidence
and calm to navigate uncertainty.

*A trusted partner for life's
most important leadership
and career transitions.*



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LEAD WITH CLARITY. LIVE WITH PURPOSE.

