

# THE CAREER CHANGE FRAMEWORK

*A CHRIST-CENTERED GUIDE TO IDENTITY,  
PURPOSE, AND PROFESSIONAL  
RENEWAL*

THE  
**CORPORATE**  
CAREER GROWTH & TRAINING SOLUTIONS  
**CLASSROOM**

*Clarity, Freedom, and Purpose for the Road Ahead*

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# Welcome Message



**Matthew Collings**  
*Founder & CEO*

Hey friend,

I'm Matthew Collings—founder of The Corporate Classroom and a man who has been radically changed by grace.

Before I was a coach or consultant, I was wrecked by striving. I chased identity in titles, performance, and approval—military service, school leadership, corporate success. I wore the uniforms. I held the positions. I had the resume. But I was drowning.

Behind closed doors, I was burned out, anxious, ashamed, and exhausted. I was losing myself and nearly lost everything trying to hold it all together. I was chasing success but running from surrender.

But Jesus met me in the dark. Not with shame—but with mercy. He didn't hand me a better strategy. He gave me a new identity. He didn't just clean me up. He gave me a new heart.

That's why this guide doesn't start with a resume—it starts with repentance. It doesn't begin with "how to get hired." It begins with freedom.



Because here's the truth most career books won't tell you:  
The deepest breakthroughs in your life won't come from better habits.

## **They come from being set free.**

This isn't just a guide to help you get a job. It's an invitation to real transformation—rooted in the Gospel. It's about healing, identity, and freedom. It's about building a career—and a life—on a foundation that will never crack: ***A Relationship With Jesus Christ.***

This is for the ones who are done pretending. The ones who feel the pull that there's more. The ones ready to stop striving and start surrendering.

If that's where you are—welcome.  
And if you're not there yet, that's okay too.  
Honesty is where real transformation begins.  
Maybe your first step is just reading this.  
And that's more than enough. Let's begin.

## **What You Can Expect**

This framework is not just a collection of tips. It's a roadmap for transformation—from the inside out.

You'll find biblical truth, honest reflection, and practical tools that will help you:

- Renew your mind and uncover the lies that have held you back
- Clarify who you are in Christ—and how that shapes your work
- Get real about burnout, fear, and identity confusion
- Learn how to pivot with purpose, not panic
- Build a God-honoring strategy to move forward in faith
- Take next steps that align with your calling and strengths

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We'll talk about resumes and job search tactics—but those come later. First, we deal with the root, not just the resume. Because the career change you're truly after starts with surrender, not strategy. This guide is honest. It's vulnerable. It's messy at times. But so is transformation.

And you won't walk it alone. Through The Corporate Classroom, our team is building a mission-driven ecosystem to help job seekers, business owners, and career changers move forward with clarity, support, and purpose. Whether you need coaching, business help, or connection with other Kingdom-minded professionals, there's a place for you here.

Let's rebuild from the ground up—on truth.

Wishing you success,

Matthew Collings

Founder & CEO

[The Corporate Classroom, LLC](#)



01

**FREE**  
INITIAL  
CONSULT

### **Free 1 on 1 Initial Consult**

Take your first step towards career change with an initial 20 minute consult for FREE. This session is designed to help us get to know each other and discuss your career transition goals. By the end of the session, you'll have a clearer idea of how I can support you and which coaching package might be right for you. [BOOK YOUR SEAT NOW!](#)



# When Burnout Isn't Just Burnout

TABLE OF CONTENTS



*What You're Really Feeling—And What to Do About It*

I used to think I was just exhausted. Too many responsibilities. Too many hats. Too many people needing something from me. I told myself it was burnout, and sure—on the surface, it was.

But when I got honest, it wasn't just my job that was draining me. It was the pressure to be enough.



To prove I was valuable. To show I was strong. To hold everything together while I quietly unraveled on the inside.

I had spent years trying to find identity in what I did—military service, educational leadership, corporate success, ministry involvement, even fatherhood and marriage. I kept hoping something would finally bring the peace I was chasing.

But no job can satisfy the deepest longings of the human soul. And neither can success, applause, control, comfort, or clarity.

## **The Real Reason You're Stuck**

If you're holding this guide, you may feel stuck, overwhelmed, or uncertain about what's next. You might be here because you're ready for a new job—or desperate for relief from the one you're in.

But let me lovingly challenge you with this: What if your job isn't the problem? What if it's simply the place where a deeper struggle has been exposed?

I was searching for contentment in broken places—good things that couldn't carry the weight of my identity. And when they inevitably cracked, so did I.

But that breakdown became the breakthrough. Not because I found a better strategy—but because I finally met Jesus in my mess. Not the version of Jesus I performed for. Not the one I kept at a distance while I “led well.”

The real Jesus. The one who doesn't wait for cleaned-up résumés or well-crafted LinkedIn bios. The one who meets us in burnout, breakdown, and bondage—and sets us free.

## **The Gospel: Your Starting Point**

This entire guide rests on this truth: *You don't need a new job as much as you need a new identity. And you don't find that identity in a role—you find it in Jesus Christ.*

You were created for communion with God. That ache you feel? That emptiness? It's not because you're a failure—it's because you were never designed to be filled by anything but Him.

### **1. You were created with purpose, on purpose.**

*“So God created man in his own image, in the image of God he created him; male and female he created them.” — Genesis 1:27*

You were made in the image of God—to live in relationship with Him, to reflect His glory, and to walk in purpose. That's why no title, salary, or success will ever fully satisfy your soul.

## **2. But sin separated us from God.**

*"For all have sinned and fall short of the glory of God." — Romans 3:23*

*"The wages of sin is death..." — Romans 6:23a*

We've all gone our own way—chasing identity, comfort, and control apart from God. The result is separation from Him, and with it comes confusion, striving, burnout, and brokenness.

## **3. Jesus stepped in to rescue and restore.**

*"But God shows his love for us in that while we were still sinners, Christ died for us." — Romans 5:8*

*"For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God." — 2 Corinthians 5:21*

God didn't wait for us to figure it out. He sent His Son. Jesus lived the life we couldn't live, died the death we deserved, and rose again to offer new life. Not just a better version of you—a brand new creation.

## **4. Salvation is a gift—not something you earn.**

*"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." — Ephesians 2:8–9*

You don't earn your way to God through a better career, behavior, or performance. You receive His grace by faith. It's not about striving. It's about surrender.

## **5. When you surrender your life to Jesus—you are made new.**

*“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” — 2 Corinthians 5:17*

*“To all who did receive him, who believed in his name, he gave the right to become children of God.” — John 1:12*

This is what happened to me.

This is what can happen for you.

Not just freedom from burnout—but freedom from sin. Freedom from shame. Freedom from the weight of trying to be enough on your own.

### **Before you move forward, pause.**

God might be doing something deeper than helping you find a new job. He may be drawing you into a new life.

Here are a few questions to sit with in prayer:

### **Reflection Questions**

1. What have I been looking to for identity, worth, or peace?
2. Where have I been striving for control instead of surrendering to God?
3. Have I truly received the grace and forgiveness of Jesus—or have I been trying to earn my way back to peace?
4. What would it look like to let go—and let Christ define my next step?

Take your time with these. You don't need to rush past the wrestling. God meets us in the tension.



## **A Prayer of Surrender**

You don't need the perfect words. Just a willing heart. If you're ready to surrender your life, or to come back to Jesus after running, let this prayer be a starting point:

*Jesus, I've been chasing peace in all the wrong places. I've looked to work, success, titles, and people to give me what only You can. I confess I've sinned. I've tried to lead my own life—and I've come up empty. But I believe You died for me. I believe You rose again. And I believe You are the only One who can make me new. Today, I surrender. I give You my life—my career, my story, my broken places. I receive Your forgiveness, and I receive Your grace. From this day forward, I don't want to strive—I want to follow. Make me new. Lead me in Your truth. And use my life for Your glory.*

*In Jesus' name, Amen.*

### **If You Prayed That Prayer...**

First, take a breath and thank Him. He hears you.

Whether this is your first step of faith or a return to the One you've wandered from, please don't walk it alone. You were never meant to.

If you want to talk, share your story, or ask what comes next—I'd be honored to hear from you. You can book a [free 20-minute call](#) with me here, no pressure. Just real conversation.

You've just made the most important decision of your life.

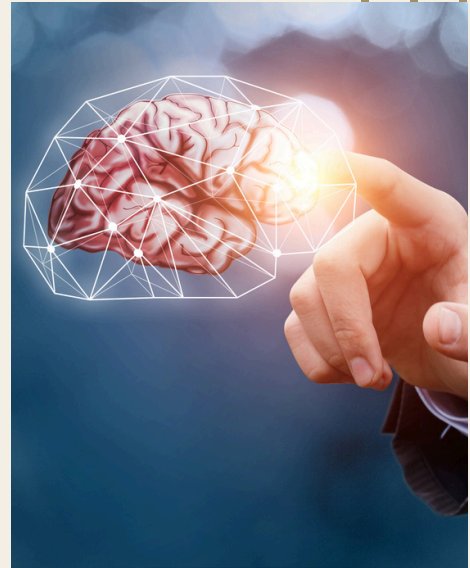
Now let's talk about how to move forward in freedom.

# Mastering the Right Mindset for Career Change

*Renewal Before Rebranding*

*“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” — Romans 12:2 (ESV)*

**You Don’t Need a Brand First. You Need a New Mind.**



When most people decide it’s time for a career change, they immediately focus on outward things:

- Updating their resume
- Tweaking their LinkedIn profile
- Practicing interview answers
- Trying to find their “personal brand”

**But here’s the problem:** You can’t rebrand what hasn’t been renewed. If the way you think about yourself, your value, and your future hasn’t changed, the “new version” of you will just carry the same old burdens into a different environment.

- You’ll still question your worth.
- You’ll still fear rejection.
- You’ll still hustle for approval

## **What Does It Mean to Renew Your Mind?**

Renewing your mind isn't about positive thinking or affirmations. It's about replacing lies with truth.

It's the ongoing, Holy Spirit-powered process of:

- Unlearning the voices that shaped your self-worth
- Submitting your thoughts, fears, and ambitions to Jesus
- Rebuilding your identity on what God says—not what culture, your past, or your boss says
- Filtering every decision through God's truth, not just your preferences

This is why Romans 12:2 is the foundation of this chapter. God doesn't just want to give you a new job—He wants to give you a renewed way of thinking, feeling, and walking forward.

## **Where We Go Wrong**

Here are a few examples of un-renewed thinking that keeps people stuck:

### **"I'm not qualified for anything else."**

→ Truth: *"He who calls you is faithful; he will surely do it." (1 Thess. 5:24)*

### **"If I make the wrong move, I'll ruin everything."**

→ Truth: *"Your word is a lamp to my feet and a light to my path." (Psalm 119:105)*

### **"I have to make this work on my own."**

→ Truth: *"Apart from Me you can do nothing." (John 15:5)*

**“My best days are behind me.”**

→ **Truth:** *“He who began a good work in you will bring it to completion.” (Phil. 1:6)*

This chapter is about learning how to test your thoughts, trace them back to the root, and replace them with truth. Not motivational fluff—God’s Word.

**A Shift That Changes Everything**

Here’s the mindset shift I had to make:

- I am not what I do.
- I am who God says I am.
- And I work from acceptance—not for it.

When I finally stopped building my identity on my role and started building it on my Redeemer, I became someone who could lead again. Not from fear—but from freedom.

That same shift is available to you. But let me be very clear:

**This isn’t something I’ve mastered.**

God is still working on me in these areas of my life. And the truth is, on this side of eternity, we will never fully master the art of surrender. Our flesh will still want to take back control. We will still be tempted to believe the lies.

**But God is faithful.**

And the fact that you’re reading this right now—seeking, questioning, searching—is evidence of His faithfulness in your life too.

For the longest time, I saw the pain of my burnout—and the consequences that came from it—as punishment. But everything changed when I realized it was actually God's relentless and loving pursuit of my heart.

He wasn't trying to break me down just to discipline me.  
He was breaking through—to rebuild me.

He was calling me back to Himself, not because He needed me to perform, but because He wanted me to be free. To walk in the purpose He placed in me from the beginning. And it was in that place—where I finally stopped resisting—that freedom began to take root.

So no, this isn't about perfection. It's about progress.

It's not about arriving. It's about abiding.

*And the God who started this work in you? He will finish it.  
(Philippians 1:6)*



# Discover the Right Role



*Your Purpose Was Never Meant to Be Random*

*“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” — Ephesians 2:10*

Most people think “calling” means a dream job that checks all the boxes. But that’s not the biblical picture.

You are God’s workmanship—which means you were intentionally designed for good works He prepared before you even knew what a résumé was.



Calling isn’t discovered through striving—it’s revealed through surrender.

This chapter isn’t about helping you land your dream job. It’s about helping you align your work with your design, your season, and God’s purpose.

## **The Calling Compass**

Finding clarity at the intersection of Passion, Gifting, Need, and Season

### **1. Passion: What Burdens You Can’t Shake**

God often speaks through what burdens us—what we notice, what breaks our heart, what makes us want to do something. For some, it’s

it's mentoring. For others, it's solving problems, creating order, or fighting injustice. These burdens aren't accidents. They're clues.

**Ask yourself:**

- What am I constantly drawn to, even when it's not my "job"?
- What types of people, causes, or problems move me to action?

**Key Thought:** Passion isn't always loud. Sometimes it's a quiet ache that refuses to leave you alone.

## **2. Gifting: What You Carry Into Every Room**

Your gifts aren't just what you do well. They're how you show up. Maybe you're great with people. Maybe you bring peace into chaos. Maybe you can teach, write, design, or build. Maybe you bring energy, strategy, or structure to broken systems.

Often, you can't see your own gifting clearly—but others do. Think back:

- What do people thank you for, over and over?
- What do you do so naturally that you assume it's "no big deal"?

**Key Thought:** Just because it comes easy to you doesn't mean it's common. It probably means it's a gift.

## **3. Need: Who You're Called to Serve**

We live in a broken world full of needs. That can feel overwhelming—but your calling isn't to fix everything. It's to step faithfully into the specific needs God highlights for you.

Maybe it's:

- Single moms navigating career change
- Small business owners who feel lost

- Students with no positive voice in their life
- Ministries that need administrative support
- Professionals burned out and searching for more

Ask:

- What kinds of people am I most drawn to help?
- Who do I feel equipped to support—not in theory, but practically?

**Key Thought:** Your calling often lives at the intersection of your story and someone else's need.

#### **4. Season: What Your Life Can Sustain Right Now**

Calling without wisdom leads to chaos. God may have placed a dream on your heart—but timing matters.

Are you raising young kids? Caring for a parent? Healing from trauma? In a tight financial season?

God knows your limits. And He works within them. Faithful calling doesn't ignore reality—it honors it. This doesn't mean you quit dreaming. It means you partner with God's pace, not just His purpose.

Ask:

- What boundaries do I need to honor in this season?
- What flexibility, income, or support does my life need right now?

**Key Thought:** Your season isn't a limitation—it's a guardrail. Honor it, and you'll move forward with peace instead of pressure.

## **A Word on Provision**

Now's a good time to say this clearly:

Trusting God with your calling doesn't mean ignoring financial wisdom. Provision matters. You have real needs, and it's not unspiritual to seek a job that helps provide for your family. But here's what you must remember:

- Provision ultimately comes from God—not a paycheck.
- Money is a tool, not a master.
- Living open-handed to what God wants to do through your life is how you stay free.

When we cling too tightly to what feels “safe,” we close ourselves off from the very thing God may be trying to do next.

Open hands lead to open doors. Closed fists lead to control—and control always leads back to burnout.

**Key Thought:** Wisdom says, “Plan carefully.” Faith says, “Follow courageously.” Both are necessary. Don't chase calling and neglect wisdom—but don't chase safety and call it stewardship.

## **Your Story Is the Strategy**

The story you've lived may feel random or messy—but it's not.

*“And we know that for those who love God all things work together for good, for those who are called according to his purpose.”*

— Romans 8:28

God doesn't waste pain. The burnout, the broken roles, the hidden years—all of it can become the foundation for how you serve others. Your story may be the very thing God uses to lead others into healing.

So don't just ask, "What's next?" Ask, "What has God already brought me through—and how might He use that for good?"

### **Action Step: Build Your Compass**

Take time this week to journal through these prompts:

1. **Passion** – What stirs your heart, burdens you, or won't let you go?
2. **Gifting** – What strengths, talents, or skills come naturally—and what do people affirm in you?
3. **Need** – Who are you uniquely positioned to serve, based on your experience?
4. **Season** – What flexibility, income, structure, or boundaries do you need to honor right now?

Once you've written it all out, sit with the Lord and ask:  
"God, help me see what You see.

Not just what I want—but where You're already working.  
Give me courage to say yes."



# Clarify Your Story

*Reframing Your Experience for the Work You're Called To*

*"Let the redeemed of the Lord say so, whom he has redeemed from trouble..." — Psalm 107:2 (ESV)*

## **The Story You've Been Living Still Matters**

The old you is gone—but your story isn't wasted.



In fact, your testimony is your most powerful professional asset. Not because you need to tell everyone your entire life history, but because learning to own your story with clarity, confidence, and redemption is the key to walking through new doors without dragging old shame behind you.

You're not just transitioning careers. You're learning how to tell the truth about who you are—and how God has shaped you for impact.

## **What Hiring Managers Really Want to Know**

They're not just scanning for skills. They're asking:

- Can I trust this person to solve problems?
- Will they show up with integrity, maturity, and self-awareness?
- Do they understand the value they bring?
- Are they teachable?
- Will they make my life easier—or harder?

You don't have to be perfect. You just have to be honest and strategic.

## Reframing Your Story (Even If It's Messy)

If you're coming out of a hard season—burnout, gaps in employment, a career pivot, or even personal crisis—you're not disqualified.

Here's how to frame it:

### Be Honest (But Professional)

"After years in education, I began to experience burnout. That season forced me to slow down and reevaluate my priorities, which ultimately helped me rediscover my core strengths and shift toward roles that align with my gifts."

### Focus on the Redemption

"What felt like a setback became a season of growth. I gained clarity, built new skills, and learned how to lead from a place of sustainability and service."

### Highlight the Transferable Skills

"I've always been able to motivate teams, communicate clearly, and solve problems creatively—whether I was in a classroom, a boardroom, or working remotely. Now I'm excited to bring those strengths into a new context."

## Your Story Has Transferable Value

Let's make it practical. Use this list to start identifying strengths from your experience:

You've Done This	Which Means You Can Also...
Taught in a classroom	Facilitate training, lead presentations, build rapport

Managed a household	Handle scheduling, logistics, budgeting, multitasking
Served in the military	Lead under pressure, stay mission-focused, operate with discipline
Led a team or coached students	Motivate others, resolve conflict, set goals
Created curriculum	Build systems, document processes, communicate clearly
Navigated personal healing	Build resilience, show empathy, offer insight, manage stress

### **You Don't Have to "Hide the Faith"**

You don't need to lead every interview with your testimony—but you also don't need to compartmentalize your faith.

Here's how to walk that line with wisdom:

If they ask what motivates you, you can say:

- *"Honestly, my faith plays a big role in how I show up. I care deeply about integrity, service, and doing work that matters."*

If they ask about a life change, you can share:

- *"I hit a season where I had to step back, do some deep work, and get realigned with my values. It changed how I lead and what I pursue."*

Keep it honest, humble, and relevant. And trust that God will open the right doors.

## **Practical Tools: Resume & LinkedIn**

You don't need to overthink your resume. Just tell the truth strategically.

### **Tips:**

- Use a strong summary that highlights your value and direction
- Focus on achievements, not just tasks
- Translate education or ministry language into business language
- Include certifications, volunteer roles, or training—even if it's informal

### **LinkedIn Suggestions:**

- Update your headline with the role you're pursuing, not just your past
- Share a brief version of your story in your About section (1–2 short paragraphs)
- Connect with people, not just companies
- Post content that reflects your values, insights, or journey

### **Action Step:** Write Your One-Minute Story

This is the version you'd share if someone asked, "So tell me about yourself and why you're making a change."

Use this framework:

1. Where You've Been
2. What Shifted
3. What You Bring
4. Where You're Headed

Example:

*“After nearly a decade in education, I realized I was burnt out and needed a change. I took time to reflect, refocus, and get realigned with my strengths. Now, I’m pursuing roles in corporate training and support —where I can still teach, communicate clearly, and help others grow, but in a healthier, more sustainable way.”*



# Build a Faith-Driven Job Search Strategy



*Go With God—Not Just the Algorithm*

*“Commit your work to the Lord, and your plans will be established.”*

*— Proverbs 16:3 (ESV)*

A Job Search Without Jesus Will Wear You Out. Let's be honest: job hunting can feel like spiritual warfare. You send 30 applications and hear nothing. You get excited about a role, then doors slam shut. You wonder if you missed God's will—or if He's even paying attention.



This chapter is about breaking free from that anxiety-fueled grind and learning how to seek opportunities with wisdom and peace, knowing God is in this with you.

## **A Faith-Driven Job Search Means...**

### **You Invite God Into the Process—Every Day**

This isn't something you do after you've hit submit 50 times. It's your starting point.

*“In all your ways acknowledge him, and he will make straight your paths.” — Proverbs 3:6*

What this looks like:

- Praying before you begin each search session
- Asking God to highlight the right opportunities and close wrong doors
- Listening for nudges—noticing when peace or caution shows up
- Staying in the Word so you can spot lies when discouragement creeps in

### **You Set Spirit-Led (Not Guilt-Fueled) Goals**

Some people obsessively apply to 20 jobs a day. Others freeze and avoid it altogether.

But you're building a new life—not just getting a new job. Your goals need to reflect:

- Pace – How much time can you commit weekly?
- Clarity – Are you focused on 1–2 paths or just throwing darts?
- Obedience – Are you willing to say no if the opportunity doesn't align?

Set realistic, prayerful goals like:

- “Apply to 3 aligned jobs per week”
- “Reach out to 2 people in my network each week”
- “Spend 30 minutes in quiet prayer before job sessions on Tuesdays and Thursdays”

### **You Use Strategy—Not Just Sentiment**

God works through faith and function. He can divinely open doors, yes—but you still need to show up prepared. Your strategy should include:

- Targeted resume versions for each role type
- A simple spreadsheet or tracker to keep momentum (dates, follow-ups, contacts)
- A system for networking—reaching out to friends, connections, or leads weekly
- Using tools wisely (LinkedIn, job boards, ChatGPT to tailor applications)

Don't over-spiritualize inactivity. God calls you to move with wisdom and discipline.

*"Whatever you do, work heartily, as for the Lord and not for men." (Colossians 3:23)*

## **You Trust God With the Gaps**

Some days you'll feel hopeful.

Other days you'll wonder if anything's working.

Here's the truth: delays aren't always denials. Sometimes God is protecting you. Sometimes He's pruning you. Sometimes He's preparing the right door to open at just the right time.

What you do in the waiting matters:

- Don't disappear. Stay engaged. Stay in the Word.
- Don't spiral. Surround yourself with wise, faith-filled community.
- Don't assume silence = rejection. Many wins are happening behind the scenes.

*"The Lord is good to those who wait for him, to the soul who seeks him."*  
— *Lamentations 3:25*

## You Walk Through the Door—But Let God Lead the Way

The job you think you want may not be the one God's preparing. Keep your hands open. Don't just chase what looks good—pursue what aligns with what God is doing in your life.

It's okay to:

- Turn down an offer that doesn't sit right
- Walk away from "safe" for the sake of peace
- Wait a little longer to get in position for the right fit

And when the right door opens? Walk through boldly. Not because you have it all figured out, but because you know who you're walking with.

### Action Step: Build Your Weekly Job Search Rhythm

Create a plan you can sustain—not one that burns you out.

Monday	30 min prayer & prep / identify top 3 roles to apply to this week
Tuesday	Tailor & submit 1-2 applications
Wednesday	Rest / encouragement day / listen to a podcast or Scripture
Thursday	Reach out to 1-2 contacts or networking leads
Friday	Review tracker / pray over responses / celebrate small wins
Weekend	Active rest, family, worship, reset for next week

# Walk Into Rooms With Confidence & Clarity



*Interviewing From Identity—Not Insecurity*

*“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” — 2 Timothy 1:7 (NIV)*

## **It’s Not About Impressing—It’s About Aligning**

When you walk into an interview or conversation thinking you need to prove yourself, everything changes:

- Your body language shifts
- Your voice tightens
- You second-guess your answers
- You perform instead of connect

But you don’t need to prove anything.

You are a child of God.

You are showing up as someone who brings peace, value, integrity, and purpose into the room.

You’re not begging for a seat at the table—you’ve already been seated with Christ in heavenly places. (Ephesians 2:6)

This mindset shift will change how you show up—every time.



## What Confidence in Christ Looks Like Practically

Here's how confidence rooted in identity (not ego) shows up in a job conversation:

Insecurity Says...	Identity Says...
"I hope I don't mess this up."	"God has prepared me for this moment."
"What if they don't like me?"	"This is an opportunity—not a test of my worth."
"I don't have enough experience."	"I bring value, perspective, and a teachable spirit."
"I have to say it just right."	"God will give me the words. (Luke 12:12)"

You can still prepare. You can still practice. But your foundation isn't performance—it's peace.

### Interview Prep (Without the Panic)

Here's a simple prep plan rooted in clarity, not chaos:

#### Start With Prayer

- Ask God to give you wisdom, peace, and favor
- Surrender the outcome: "Not my will, but Yours."

#### Review the Role Description

- Highlight what you're aligned with
- Prepare examples of how you've done similar work

## Identify 2–3 Stories That Reflect:

TABLE OF CONTENTS

- A challenge you overcame
- A time you used your strengths
- A meaningful moment of leadership or impact

## Practice Your Intro (60–90 seconds)

Use the framework from Chapter 4:

Where you've been → What shifted → What you bring → Where you're headed

## Answering the Hard Questions

Some questions carry weight—especially if you're shifting roles, industries, or coming out of a hard season.

Here's how to answer a few of the common ones:

### ***“Why are you making a career change?”***

*“This shift has been in the works for a while. I realized I wanted to align my strengths with work that's sustainable, purposeful, and strategic—and I've taken intentional steps to prepare for this next chapter.”*

### ***“What's something you've learned from your past roles?”***

*“I've learned the importance of communication, resilience, and pacing. I've grown not just in skills—but in how I lead and show up with integrity.”*

### ***“Do you have experience in this specific area?”***

*“Not directly—but I have transferable skills and a track record of learning quickly. Here's how I've adapted to new challenges before...”*



## **If you choose to mention faith (and it fits):**

*“My faith deeply shapes how I show up—I care about doing excellent work with humility, and treating people well. That’s central to how I lead.”*

## **Redefining Success in the Interview**

Success isn’t “I nailed it.”

Success is “I showed up grounded in who I am and trusted God with the outcome.”

If you don’t get the role, that’s not failure.

It’s redirection.

It means God is guiding you toward something better aligned.

## **Action Step: Pre-Interview Reset**

Before your next interview or networking conversation, take 5–10 minutes to do this:

1. Pray: Surrender the moment to God
2. Breathe: Deep breaths calm your nervous system
3. Declare Truth: Speak life out loud
  - “God, You go before me.”
  - “I don’t have to perform—I get to show up.”
  - “You’re writing my story, and I trust Your pen.”

Then walk in—not with pressure, but with peace.

# Discern the Right Door :::

*Knowing What to Say Yes To—And What to Let Go Of*

*“And let the peace of Christ rule in your hearts...” — Colossians 3:15a (ESV)*

## **Not Every Open Door Is From God**

Sometimes, the wrong opportunity shows up dressed like a blessing. It pays well. It looks good on paper. It would quiet your anxiety—for now. But deep down, something doesn't sit right.



This chapter is about helping you discern: *“Is this an assignment from God... or a detour in disguise?”*

*Discernment > Decision-Making*

*As a believer, you're not just making decisions—you're discerning direction. Discernment asks:*

- *Does this opportunity align with what God is doing in my life right now?*
- *Does it support the rhythms of faith, family, and mission I'm called to live out?*
- *Do I feel peace in my spirit—or just relief in my flesh?*

*Relief isn't always confirmation. Sometimes it's just temporary escape from discomfort.*

## Five Questions to Prayerfully Ask Before Saying Yes

### 1. Does this align with my calling compass?

Think back to Chapter 3: Does this role match my gifting, burden, needs, and season?

### 2. Is there peace—not just excitement?

Excitement is emotional. Peace is spiritual.

*“Let the peace of Christ rule in your hearts...” (Colossians 3:15)*

### 3. Am I being led by faith—or fear?

*Saying yes because you're afraid of being stuck isn't faith—it's panic in disguise.*

### 4. Will this help me walk in freedom—or push me back into striving?

Any door that demands you compromise who you are is not God's best.

### 5. Have I invited godly counsel into this decision?

*“Without counsel plans fail, but with many advisers they succeed.” (Proverbs 15:22)*

If You're Unsure—Don't Rush

If the decision is unclear, slow down.

Ask God:

- “If this is from You, increase my peace.”
- “If it's not, close the door—even if it looks good.”

His “no” is always protection, not punishment.

And His timing is always perfect—even when it's inconvenient.

## What About Provision?

It's okay to take a job that meets your immediate needs while you wait on the long-term fit—as long as you don't surrender your identity in the process.

God can use bridge seasons. He often does. But don't confuse a paycheck with a promise. ***Provision may be temporary. Calling is eternal.***

### Action Step: Decision Filter Exercise

Use this simple chart to pray through your next opportunity:

Question	Response	Peace Level (1-10)
Does this align with my calling compass?		
Do I feel spiritual peace (not just relief)?		
Would this role allow me to walk in freedom, not fear?		
Am I feeling rushed, or do I have space to pray and process?		

Ask the Holy Spirit to speak through this process—and be willing to walk away if He says “not yet.”

# Build a Life You Don't Need to Escape From . . .

*Sustainable Living on the Other Side of Burnout*

*"Come to me, all who labor and are heavy laden, and I will give you rest." — Matthew 11:28 (ESV)*

## **A New Job Can't Fix an Old Pattern**

*You've made progress. You've surrendered.  
You've clarified your calling.*



But if you step into a new role with the same over-functioning, approval-chasing, people-pleasing tendencies...

you'll find yourself right back where you started.

Freedom isn't just a new title. It's a new way of living.

You don't need to just "make it work." You need to build a life that honors the pace, peace, and purpose God created you for.

## **From Striving to Abiding**

Jesus never hustled. He was never in a rush. He moved at the pace of obedience.

That's the life He invites us into—not one without responsibility, but one where our identity isn't tied to productivity.

This doesn't mean you won't work hard.

It means you work from rested identity, not restless insecurity.

## **What It Means to Build a Life of Rhythms**

Here are five foundational rhythms to protect your freedom and fruitfulness long-term:

**Work With Purpose:** You were created for good works. But “good works” doesn't mean overwork. Questions to ask:

- Is the work I'm doing aligned with who God made me to be?
- Am I honoring healthy boundaries with time, capacity, and energy?
- Is this job a calling, an assignment, or a short-term provision?

**Key Truth:** Your job is part of your mission—but not the whole story.

**Rest With Intention:** Rest isn't passive. It's a spiritual discipline.

It reminds your soul: “God is God, and I am not.”

Practical ways to rest:

- Honor a true Sabbath rhythm—24 hours with no “productive” work
- Turn off notifications and reclaim your mental space
- Prioritize sleep, nature, worship, and laughter

**Key Truth:** If you don't rest voluntarily, burnout will force you to rest involuntarily.

**Live in Community:** You weren't created to rebuild your life alone.

Find people who:

- Will remind you who you are when you forget
- Will call out your blind spots and pride
- Will pray, encourage, and challenge you when you're stuck

This could be a church small group, a business network, or trusted friends. Just don't isolate. Isolation leads to distortion.

**Key Truth:** Healing happens in the presence of truth and people.

**Serve With Margin:** You are gifted. You have value. But not every need is your assignment. If you try to say yes to everyone, you'll eventually say no to the most important people and the deepest parts of your calling. Ask:

- Am I serving from overflow—or obligation?
- What do I need to say no to in this season to say yes to what matters?

**Key Truth:** Margin isn't selfish—it's stewardship.

**Lead a Life That Glorifies God:** The way you show up at work, at home, and in every unseen space matters. You don't need to be a pastor to live on mission. You can glorify God by:

- Doing excellent, ethical work
- Showing compassion in meetings
- Walking in peace when others panic
- Being different—in a way that makes people curious about your hope

**Key Truth:** Your life is the loudest sermon some people will ever hear.



## **Action Step: Create Your New Rhythms Plan**

Take 20 minutes to reflect and write:

- What boundaries will protect my peace in this next season?
- What day or time will I block off regularly for Sabbath rest?
- Who are the 2–3 people I want to stay accountable to?
- What signs of burnout will I watch for—and address early?
- What am I building toward that truly honors God?

### **Then ask:**

*“God, help me build a life I don’t need to escape from.*

*Help me walk in rhythms of grace, not just survival.*

*Teach me to abide in You, and bear fruit that lasts.” (John 15:4–5)*

# Your Life Is the Testimony

*Live Sent. Live Free. Live on Purpose.*

*“But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses...” — Acts 1:8 (ESV)*

## ***This Was Never Just About a Job***

*You might have started this guide looking for career advice.*



But you’ve walked through something deeper—something eternal. You’ve seen how burnout was never the end. You’ve experienced how surrender opened the way to freedom. You’ve learned how to walk with purpose, peace, and wisdom.

And now, you carry something the world desperately needs.

## **You Are the Evidence**

“Let the redeemed of the Lord say so...” (Psalm 107:2) You don’t have to preach. You just have to be real.

The way you show up now—rested, rooted, resilient—is a testimony.

You are the evidence that:

- God still restores
- Identity can be rebuilt
- Peace is possible
- Purpose is worth pursuing
- And Jesus is still in the business of redeeming broken stories

## **Living Sent**

You weren't just saved from something. You were saved for something. You are part of God's mission to bring light into dark places—and sometimes, those places look like break rooms, boardrooms, classrooms, or Zoom calls.

Wherever you go next, remember:

- Your work matters.
- Your presence matters.
- Your story matters.
- And the Holy Spirit goes with you.

## **People Are Watching**

You may not feel like a leader. But people are watching:

- How you handle waiting
- How you respond to stress
- How you treat the overlooked
- How you talk about others
- How you own your mistakes
- How you walk in grace

They'll see the difference in you. And some will ask why. That's when your testimony becomes an invitation.

## **What Will You Do With What You've Received?**

You've been given tools. Clarity. Vision. Identity. Now it's time to walk it out—not perfectly, but faithfully.

You're not starting over. You're moving forward. And your story is still being written.

So go where He sends you.

Love who He puts in front of you.

Lead from a place of freedom.

And never forget: your life is the testimony.

## **Closing Reflection: A Letter from Me to You**

Hey friend,

If you've made it to this point, I want to say this as clearly and personally as I can: ***I see you. I've been where you are. And I believe in what God is doing in you - because He is doing it in me as I write this.***

I rewrote this guide with a broken heart and a surrendered life. I was burned out, ashamed, unsure of what to do next. But Jesus met me there. And as I surrendered, my business has evolved from striving to fix my burnout to completely surrendering my life so God can use me and my future team at The Corporate Classroom for a purpose bigger than any of us could dream or create on our own. He didn't just fix my career—He is healing my identity and is rebuilding me from the inside out.

And now, I'm watching Him do the same in the lives of others. I don't know every detail of your story, but I know this:

**If God brought you here, it's because He's not finished with you.**

You don't need to have every answer. You just need to keep walking. Keep surrendering. Keep saying yes to Him—one faithful step at a time. If this guide stirred something in you—if it confirmed what God has already been whispering—then maybe it's time to stop walking alone.

## **Next Steps With Our Growing Team**

If you're ready to take action, heal deeply, or rebuild your life in a sustainable and purpose-filled way, here are a few ways we can walk with you:

### **1:1 Coaching**

For those looking for personal guidance on career clarity, direction, or rebuilding with peace—we offer one-on-one support designed to move you forward without striving.

### **Small Business Growth & Support**

If you're launching or scaling a business, we provide Fractional COO support, operational strategy, and business mentorship to help you build systems that support your mission—not drain your soul.

### **Join Our Christian Business Networking Group**

We host a faith-driven, purpose-filled networking group for entrepreneurs, professionals, and career changers who want to grow their work and walk with Christ in community.

It's not just about connections—it's about discipleship, collaboration, and accountability as you live out your calling in the marketplace.

### **Work With Us as a Freelancer**

We're building a mission-minded network of contractors and freelancers who want to do meaningful work in a supportive, Christ-centered environment. If you have a heart to serve and skills in admin, marketing, coaching, or operations—we'd love to hear from you.

Book a [free discovery session](#) or explore ways to work with us. You don't need to figure it all out today. Just take the next faithful step.

## JOB SEARCH LOG

[illegible]

# SKILL INVENTORY

USE THIS WORKSHEET TO PREPARE TO APPLY FOR A DESIRED POSITION

PROSPECTIVE JOB TITLE		DATE APPLIED
PROSPECTIVE COMPANY		
TECHNICAL SKILLS	SOFT SKILLS	SOFT SKILLS
RELEVANT WORK   VOLUNTEER   INTERNSHIP EXPERIENCE		
EXPERIENCE #1 TITLE		
COMPANY		
DUTIES AND RESPONSIBILITIES		
EXPERIENCE #2 TITLE		
COMPANY		
DUTIES AND RESPONSIBILITIES		



EDUCATIONAL EXPERIENCE

DEGREE

INSTITUTION

GRADUATION DATE

CERTIFICATION

DATE OBTAINED

PROJECTS & ACHIEVEMENTS

KEY PROJECT

KEY ACHIEVEMENT

PROFESSIONAL DEVELOPMENT

TRAINING & WORKSHOPS

PROFESSIONAL  
MEMBERSHIPS

LANGUAGES

SPOKEN

WRITTEN

# COMMON INTERVIEW QUESTIONS

## SECTION #1 - OPEN ENDED QUESTIONS

- 1 Tell me about yourself \_\_\_\_\_
- 2 Why do you want to work here? \_\_\_\_\_
- 3 What are your greatest strengths? \_\_\_\_\_
- 4 What are your greatest weaknesses? \_\_\_\_\_
- 5 Where do you see yourself in 5 years? \_\_\_\_\_
- 6 Why are you leaving your current job? \_\_\_\_\_
- 7 Can you describe a challenging situation and how you handled it? \_\_\_\_\_
- 8 How do you handle stress and pressure? \_\_\_\_\_
- 9 What do you know about our company? \_\_\_\_\_
- 10 What questions do you have for us? \_\_\_\_\_

## SECTION #2 - BEHAVIORAL INTERVIEW QUESTIONS

- 1 Describe a situation where you demonstrated leadership.

Describe the situation \_\_\_\_\_

Describe the task \_\_\_\_\_

Describe the action \_\_\_\_\_

Describe the result \_\_\_\_\_

- 2 Describe a time when you solved a problem in a creative way.

Describe the situation \_\_\_\_\_

Describe the task \_\_\_\_\_

Describe the action \_\_\_\_\_

Describe the result \_\_\_\_\_

3 Tell me about a time you failed and what you learned from it.

Describe the situation \_\_\_\_\_

Describe the task \_\_\_\_\_

Describe the action \_\_\_\_\_

Describe the result \_\_\_\_\_

4 Describe a time you had to work under pressure.

Describe the situation \_\_\_\_\_

Describe the task \_\_\_\_\_

Describe the action \_\_\_\_\_

Describe the result \_\_\_\_\_

5 Give an example of a goal you set and how you achieved it.

Describe the situation \_\_\_\_\_

Describe the task \_\_\_\_\_

Describe the action \_\_\_\_\_

Describe the result \_\_\_\_\_

### SECTION #3 - QUESTIONS TO ASK THE INTERVIEWER

1 Can you tell me more about the day-to-day responsibilities of this job?

2 How would you describe the company culture?

3 What are the biggest challenges facing the team right now?

4 How do you evaluate success in this role?

5 Can you tell me about the team I'll be working with?

6 What opportunities are there for professional development?

7 How does the company support work-life balance?

8 What are the next steps in the interview process?

# INTERVIEW TIPS

## DRESS APPROPRIATELY

Choose professional attire that suits the company culture.

## ARRIVE EARLY

Aim to arrive 10-15 minutes early to allow time to settle in.

## COME PREPARED

Bring extra copies of your resume, a list of references, and any other required documents.

## BODY LANGUAGE

Maintain eye contact, offer a firm handshake, and sit up straight.

## LISTEN CAREFULLY

Pay attention to the interviewer's questions and take a moment to think before responding.

## BE HONEST

Answer questions truthfully and be authentic.

## SHOW ENTHUSIASM

Express genuine interest in the role and the company.

## HIGHLIGHT YOUR SKILLS

Relate your skills and experiences to the job requirements.

## STAY POSITIVE

Avoid speaking negatively about previous employers or experiences.

## FOLLOW UP

Send a thank-you email or note after the interview to express your appreciation.