

Career Transition Strategy

Navigate the modern job market with clarity,
confidence, and community.



VANTERRA
HUMAN RESOURCES



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Your next opportunity begins
with clarity about who you are,
what you offer, and the courage
to start the conversation.



Welcome to Vanterra Career Transitions

If you're here, you may be arriving at a moment of change.

Perhaps you've been connected to Vanterra through your organization as part of a career transition program. Or perhaps you're exploring what comes next in your career, business, leadership journey, or retirement chapter.

Wherever you are starting from, welcome.

At Vanterra, we help individuals navigate career transition with greater clarity, confidence, and momentum through personalized coaching, digital tools, practical workshops, professional learning, and human connection.

This guide offers a brief introduction to the ideas, exercises, and strategies that support meaningful career change and new opportunity.

If you've been connected to Vanterra through a former employer, please reach out directly to your coach, who will guide you through your Vanterra journey.

If you're interested in learning more about Vanterra Career Transition Services, we'd be pleased to connect. Please call 403.630.1395 or email Hello@Vanterra.com.

Our Vanterra Programs

Vanterra provides a range of workshops designed to help individuals strengthen their professional skills and navigate career transitions with confidence.

Below is the current workshop series. These are listed in alphabetical order and each are run monthly for your convenience.

AI for Job Search

A look at how to use AI tools to enhance, personalize, and optimize the job search.

Consulting, Small Business and Entrepreneurship

Guidance and practical tools to help job seekers decide if entrepreneurship is a good fit for their lifestyle.

Interview Preparation

Equips clients with techniques and strategies to make a strong impression in interviews while building confidence and clarity.

Language of Career Development

A practical workshop on how to communicate professional value with clarity, confidence, and impact across resumes, interviews, and networking.

LinkedIn

LinkedIn Basics

Helps clients set up and optimize their profile and confidently navigate LinkedIn for professional growth.

Advanced

Designed to maximize LinkedIn as a strategic career development tool.

Networking

Equips individuals with the skills and strategies needed to build meaningful, long-term professional relationships.

Personal Brand

Helps professionals move beyond simple job titles to define, communicate, and manage their unique professional value.

Redefining Retirement

Helps clients plan for the transition from a traditional “end of work” mindset to a new life stage focused on purpose, identity, and personal growth.

Transferable Skills

Supports identifying, articulating what desirable skills and attributes clients could bring to a variety of roles.



The Vanterra Community

Vanterra provides more than career coaching. It offers a professional community designed to support individuals through career transition and beyond.

Participants have access to a variety of programs, resources, and connections.

Community Connections

Vanterra hosts regular opportunities to build relationships and exchange ideas.

These include:

- Monthly in-person community sessions focused on career conversations
- An alumni community with online workshops
- Two in-person networking events each year with wine and cheese at the Vanterra office
- Strategy cohorts where participants collaborate and support one another

Workspace

Participants may also access Vanterra coworking spaces in Calgary and Edmonton where they can work, connect, and maintain professional momentum during their transition.

Coaching Support

Vanterra programs provide personalized coaching focused on career strategy, networking, and professional development.

If a participant secures a new role during the program, Vanterra also provides support through a **First 90 Days Coaching Program**, including three coaching sessions focused on successfully transitioning into the new role.

After completing a program, participants may continue coaching at **half the standard rate**.

Vanterra is also developing proprietary assessments designed to help individuals better understand their strengths and career potential.



Moving Forward

Career transitions can feel uncertain, but they also create space for reflection, growth, and possibility.

The key is to begin.

Stay engaged in the Vanterra community, continue building relationships, and take advantage of the tools and support available to you.

Your next chapter begins now.

We're here for you

We hope this guide supports you as you prepare, practice, and step confidently into your next opportunity.

If you have questions, require additional career strategy support, or wish to refer a friend or family member to Vanterra, we would be pleased to connect. Email us at Hello@VanterraHR.com.



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