

Reflective Exercise: Understanding Positive Departures

To really deepen your understanding, take some time to reflect on these questions:

1. Think back on past experiences with colleagues who left for good reasons.

- How did their managers and the team handle these departures?
- Is there anything you would have done differently?

2. Review your own career moves.

- How many were motivated by positive reasons, and how did these transitions shape your path to your current role?