



AI TOOLS SERIES · CAREER CHANGE

N° 65



Your Career, Reinvented.

*Change your path without losing yourself,
with artificial intelligence.*

10 prompts to explore, reality-check, train,
value your past and make the leap.

Free for the SYSTINFO community

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GOOD TO KNOW

Change, with a method.

A career change is not decided on a whim. In 2026, nearly one worker in two is thinking about it, and AI is reshuffling many jobs. An AI (ChatGPT, Claude, Gemini, Le Chat) helps you take stock, explore paths, reality-check a job and build a plan. It lights the way, you decide. Three reflexes first.

- **A goal, not an escape**

You do not run from a job, you move toward another. Start from what you want to build, not from what you want to leave.

- **Reality-check before you leap**

A job's image is often misleading. Test it, talk to professionals, look at the real daily life before you commit.

- **AI advises, you choose**

It suggests paths and plans, but your life is yours. Keep the final decision and your own common sense.

The right reflex: a clear goal, checked on the ground, a decision that stays yours.

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THE METHOD

Five moves, ten prompts.

A successful career change comes down to five moves: explore the options, reality-check the job, train wisely, value your past and make the leap with a plan. These 10 prompts take you from the first doubt to your first day in the new path.

Every prompt follows the same recipe: Role, Context, Task, Format. Copy the structure, change the brackets.

01 **Explore**

· 2 prompts

02 **Reality-check**

· 2 prompts

03 **Train**

· 2 prompts

04 **Value**

· 2 prompts

05 **Leap**

· 2 prompts



Your Personal Audit

PROMPT TO COPY

Role: you are a career development advisor.

Context: I have been a [job] for [X years], I want to change path but do not know toward what.

Task: help me take stock of my strengths.

Format: three short lists, my skills, what I love doing, what I want to flee, then three job paths that fit this profile.

What you get

A clear starting point. Knowing what you can do and what you truly want stops you changing into a job that disappoints.



The Possible Paths

PROMPT TO COPY

Role: you are a job-paths explorer.

Context: my profile is [audit summary], my constraint is [place, minimum pay, time].

Task: suggest paths I would not think of.

Format: seven possible jobs, one line on each, the level of demand, and which ones are reachable without starting from scratch.

What you get

Options you would not have found alone. Widening the field before choosing keeps you from rushing at the first idea.



The Job, Decoded

PROMPT TO COPY

Role: you work as a [target job].

Context: I am considering it but only know the image I have of it.

Task: describe this job with no filter.

Format: a typical day, the good and bad sides, the realistic starting pay, the openings, and what makes people give it up.

What you get

The reality behind the image. Seeing a job's true daily life avoids nasty surprises after the training.



The Test Before Leaping

PROMPT TO COPY

Role: you are a transition coach.

Context: before diving into [target job], I want to test it without quitting everything.

Task: tell me how to try it small.

Format: three low-budget ways to test it, five questions to ask a professional, and one clear sign that says go on or step back.

What you get

Try before betting your life. A small real test beats months of hesitation in your head.



The Key Skills

PROMPT TO COPY

Role: you are a training manager.

Context: I come from [current job] and I aim for [target job].

Task: tell me what I really lack.

Format: the five skills to gain first, those I already have without knowing it, and the order in which to learn them.

What you get

A learning plan made to measure. Targeting the real gaps saves time and money on useless training.



The Right Course

PROMPT TO COPY

Role: you are a training advisor.

Context: I must gain [skills] with a budget of [amount] and [time] per week.

Task: help me choose the right course.

Format: three possible types of path, their length and cost, how to fund them, and the questions to ask before I sign up.

What you get

The right course, not too long or costly. Comparing before signing up protects your budget and your schedule.



Your Transferable Assets

PROMPT TO COPY

Role: you are a skills-assessment expert.

Context: I move from [current job] to [target job] and fear starting from zero.

Task: show me what I already bring.

Format: the list of my reusable strengths, put into the language of the new job, and three concrete examples to tell.

What you get

Your past becomes an asset. Experience well translated reassures a recruiter instead of worrying them.



Your Change Pitch

PROMPT TO COPY

Role: you are a communication coach.

Context: people often ask why I am changing path, and I answer badly.

Task: help me prepare my reply.

Format: a thirty-second pitch that explains my change with confidence, a short written version, and the sentence to avoid at all costs.

What you get

A story that inspires trust. Explaining your change clearly turns doubt into an asset.



The Transition Plan

PROMPT TO COPY

Role: you are a project planner.

Context: I want to move from [current job] to [target job] in [time] without losing my income.

Task: build me a step-by-step plan.

Format: a month-by-month backward plan, what I do while keeping my job, the moment of the real leap, and a financial safety net.

What you get

A realistic path, not a dream. A step-by-step plan makes the change possible without risking your life.



Staying the Course

PROMPT TO COPY

Role: you are a motivation coach.

Context: my change is moving on, but fear and the opinions of loved ones make me doubt.

Task: help me stay the course.

Format: a calm answer to the three most common fears, what to say to a worried relative, and how to bounce back after a rejection.

What you get

The strength to keep going. Handling your doubts and others' views is what parts those who make it from those who quit.



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