



Transition Points: Empowering Unpaid Carers Through Careers Coaching and Vocational Psychotherapy

Transition Points is a pioneering project based in Derbyshire that provides *specialised, free 1-to-1 careers coaching and vocational psychotherapy* for unpaid carers. Rooted in psychological insight, lived experience, and a commitment to social impact, the initiative addresses a largely overlooked issue: how to support carers *beyond their care responsibilities*—restoring dignity, identity, and future direction.

Unpaid carers often experience **professional invisibility**, isolation, and the quiet erosion of identity, especially after years removed from the workforce. While statutory services may offer basic employment guidance, their limited 15-30 minute sessions fall short of meeting the complex emotional, psychological, and career development needs of this group. *Transition Points provides in-depth 90-minute sessions at a minimum*, grounded in therapeutic coaching and career psychology, that centre the carer's pace, aspirations, and evolving reality.

This project is led by a team of three professionals who themselves stepped away from senior leadership roles to become carers. Drawing from direct experience, they aim to support others navigating similarly complex life paths. Services go far beyond CV writing and job search support—they include coaching through grief, role transitions, loss of confidence, and the psychological toll of care. For many participants, the journey may not lead to immediate employment but toward *long-term vocational reintegration, education, or self-directed growth*.

Key Features:

- **Tailored, trauma-informed coaching and psychotherapy** for unpaid carer's;
- **Minimum of 90-minute sessions per participant**, with access to extended support throughout the year;
- Address's **identity loss, career disconnection, and emotional fatigue**, not just employment goals;
- Delivered by professionals with deep experience in **local government, consultancy, psychology, and unpaid care**; and
- Designed for scalability and future alignment with **higher education, training providers, and workforce reintegration** efforts.

We are currently engaging with participants in Derbyshire, some of whom are now exploring further education or returning to work with newfound clarity and confidence. The project is *not about rushing outcomes*, but about offering a **space for carers to invest in themselves**, perhaps for the first time.

We welcome collaboration with likeminded organisations, local authorities, employers, and funders who share in this vision: **to restore visibility, purpose, and future possibility for those who give so much of themselves, so often unseen.**

For further information, to partner with us, or to refer carers to the project, please contact:

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