

Sea to Shore Career Transitions



Explore career options
Identify transferable skills
Identify strengths and weaknesses
Network with professionals in potential career fields
Set short and long-term objectives

Career Research and Goal Setting

Network and connect with other marine professionals

How IMarEST can support you throughout your career journey

Have the right qualifications and certifications
Skill development

Skill and Knowledge Development

Undertake CPD through IMarEST Learning
Achieve Professional Registration to showcase competencies
Take part in volunteering opportunities to enhance experience and network

Understand regulations and laws
Learn about the local culture
Learn about workplace dynamics

Understanding the Workplace

Engage with Branches and Special Interest Groups (SIGs)

Plan and manage relocation logistics
Financial planning during and after transition
Create a work-life balance
Recognise the potential impact on homelife

Financial and Life Planning

Sign up for the Member-to-Member (M2M) Mentoring Programme for advice and guidance as a mentee

Learn how to build mental resilience
Manage change and learn to adapt
Build a support system

Mental and Emotional Preparation

Enrol in the IMarEST CPD Recognised: Coming Ashore Programme by Marine Society

Job searching preparation
Adapt and learn from setbacks
Celebrate the wins

Take action

Read up on the latest through IMarEST news channels and publications
Access resources such as the online library, recordings, reports and publications
Explore job vacancies and connect with recruiters on Marine Jobs

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Overview of career pathway

Transitioning from a seafaring career to a land-based role is a significant change that requires careful planning and adaptation. This pathway outlines key areas to focus on during the transition, including what to plan for, skill development, and personal well-being.

Find out more information at www.imarest.org/pathways