

*welcome to*

**RECAST**

**YOUR PATH**

**WORKBOOK**

10 prompts to help you  
explore a career change and  
discover what's next for you

by Eve Castelo

# WELCOME!



If you're holding this guide, chances are... you're standing at a crossroads.

Maybe your show ended. Your contract didn't renew. Or maybe your body is telling you it's time for something else. Whatever brought you here, I want you to know: you're not alone! **I am so glad you are here.**

As a former **Cirque du Soleil performer and now working in tech**, I know the feeling of an identity crisis when the lights go out. But I also know that artists are some of the most resilient, creative, and resourceful people on the planet.

This guide is here to help you reconnect with your strengths, explore new possibilities, and create what's next.

Let's get to it.

*Eve Castela*

*let's connect!*

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## Who am I beyond the stage

### Question 1 : What parts of performing did I love and why?

Think beyond the stage. What parts of performing did you love most: connecting with people, expressing emotion, the structure, the travel, or the adrenaline?



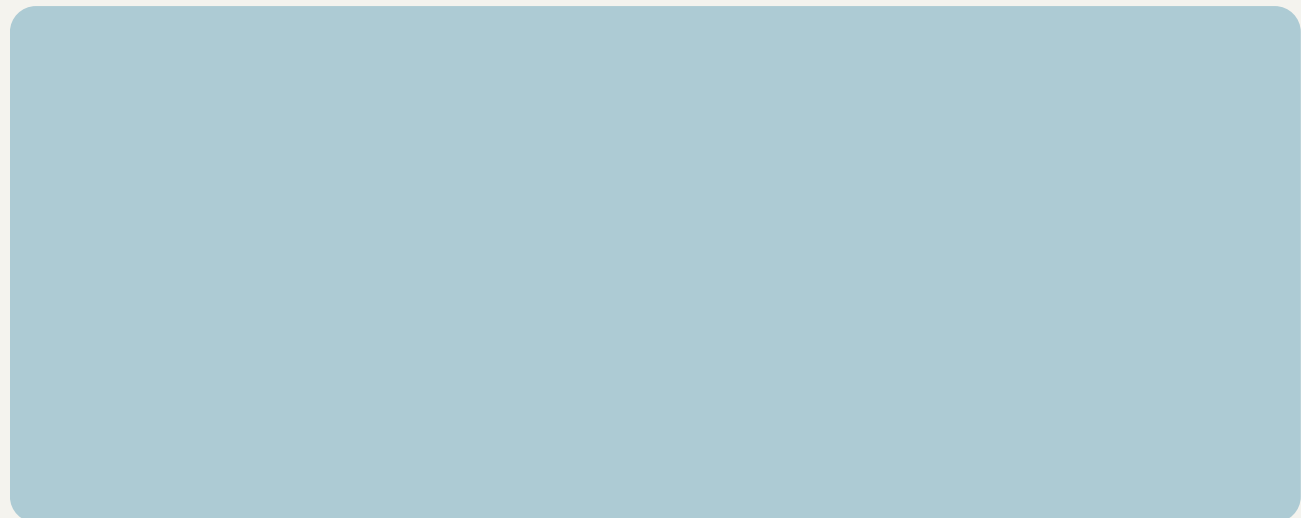
## **Question 2 : What do people naturally come to me for (besides my performance skills)?**

Consider the compliments you've gotten or the moments when someone said, 'You're really good at...', even in areas beyond your craft.



## **Question 3 : When have I felt most confident and energized, outside of performing?**

Think back to the moments when you lost track of time or felt completely 'in the zone.' Those are clues about what your next steps might be



## Exploring the possibilities

**Question 4 : What would you do if nothing, and no one, was holding you back?**

Forget your resume or what your peers might think.  
Dream out loud here!



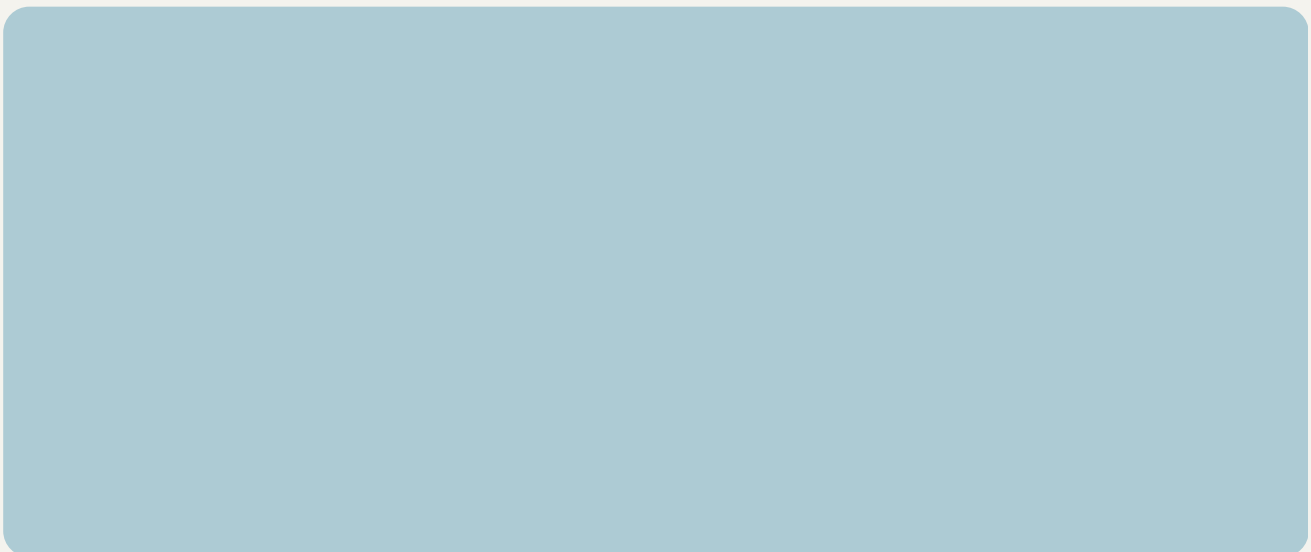
### **Question 5 : What are 3 non-performing careers that have always intrigued me, even just a little?**

Don't overthink it. Include anything from coaching to graphic design, midwifery to social media to physical therapy.



### **Question 6 : What causes or communities light me up?**

Are there topics or groups of people you care deeply about?



## From insight to action

### Question 7: What are 10 transferable skills I've gained from my artistic career?

Think: discipline, public speaking, teamwork, adaptability, body awareness, emotional intelligence...

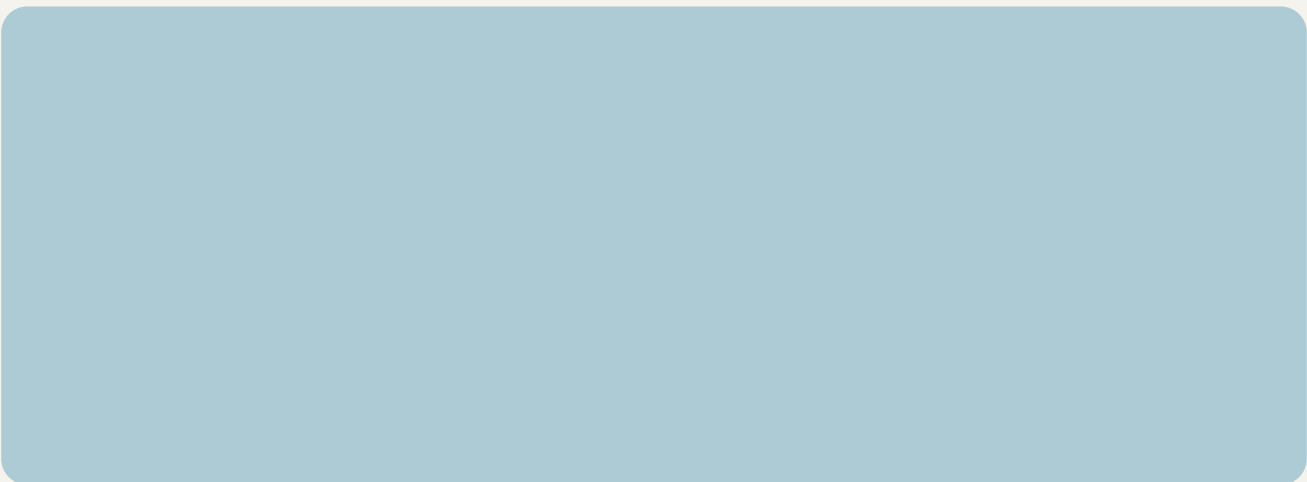
### **Question 8 : What's one small experiment I could try this month to explore a new path?**

Could you take a free course, shadow someone, volunteer, or talk to a friend already working in that field?



### **Question 9 : Who can I talk to that has reinvented themselves?**

Write down 1–3 names of people you admire who've transitioned and found a new career. Reach out. Most people love to share their story.



## Reframing your story

### Question 10 What if this isn't the end, but the beginning?

Complete the blank!

- "I'm someone who ..... "
- "I bring ....., and ..... to the table."
- "My next chapter includes ....." "
- "At my core, I'm driven by ....." "
- "What excites me now is ....." "

# WHAT'S NEXT?

Here are 4 simple steps to keep the momentum going:

## 1. Review your answers.

Look back at your answers. What patterns are showing up? What strengths, interests, and values keep repeating?

## 2. Write it down.

Now, try to describe your next chapter in one bold paragraph, not as a job title, but as a version of you that's ready for what's next.

## 3. Choose one small step.

Circle one idea from your answers that excites you the most. What's one thing you could do this week to explore it; a call, a class, a conversation?

## 4. Don't do it alone.

Book a 1:1 coaching session with me, where we'll dive into your goals, identify your transferable skills, and map out your reinvention strategy step by step.



# *Thank you!*



*You've Taken  
the First Step!*

You just gave yourself the time and space to imagine something new, and that's powerful.

Reinvention doesn't always come with a roadmap. But it starts with questions like the ones you just answered. It starts with curiosity, courage, and the tiniest belief that something else is possible.

You don't need to have it all figured out right now. Just keep listening to yourself, your energy, your ideas, your excitement. That's where your next act begins.

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