

As C-Suite Departures Hit Record Highs, The Interval Launches Program to Help Senior Leaders Design What Comes Next

First-of-its-kind twelve-week virtual cohort program gives C-suite leaders a structured path through career transition

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[Interval](#), a confidential, peer-led membership community for senior executives navigating career transitions, announces the launch of Design Your Next Chapter, the first structured, peer-powered program of its kind built exclusively for C-suite executives navigating intentional career transitions.

The Interval Logo

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With voluntary C-suite departures reaching their highest point since 2021, according to [ExecVex](#), more than half of those leaders are likely to leave their roles within two years, according to Gartner. McKinsey research shows that nearly three-quarters of U.S. leaders feel unprepared when navigating what comes next and fewer than one in three say their organizations provide adequate support. Research from Spencer Stuart and Russell Reynolds finds that nearly half of all executive transitions fall short within the first 18 months. Structured support can double the likelihood of a successful transition, yet fewer than one in

three organizations offer it.

Developed from two years of member insights, Design Your Next Chapter closes that gap, providing senior leaders with a structured 12-week process to navigate the most overlooked phase of executive careers—the space between chapters—so they can make their next move with clarity, confidence, and intention.

"The market is built to help executives land their next job. We built The Interval to help them make the right next decision. Those are very different things," said Shelley Huff, co-Founder and

CEO of The Interval. "Design Your Next Chapter gives accomplished leaders the structure, peers, and space to do the work that's almost always skipped—understanding who they are now before deciding what comes next."

Design Your Next Chapter guides participants through three distinct phases over 12 consecutive weeks, beginning with identity and reorientation before moving into exploration of new opportunities through the lens of their values, strengths, and emerging purpose. The final phase shifts from inner work to outer structure, connecting participants to affinity groups, peer-to-peer resources, and the ongoing support of The Interval community.

"Design Your Next Chapter is precise, focused work," said Jill Nykoliation, Executive Coach and Faculty in Residence, MEA Wisdom School. "Participants arrive at a pivotal moment in their careers, and this program meets them exactly there, with a structure that holds the full complexity of identity transition without rushing the process."

Jill Nykoliation and Kari Cardinale designed the coursework and will serve as lead facilitators throughout the program. A former Founder and CEO, globally-awarded brand strategist, YPO Member and Facilitator, Nykoliation helps accomplished leaders gain clarity about who they are now so they can move forward with confidence and purpose. Cardinale is a master facilitator and community builder who designs meaningful learning experiences for executive audiences that foster connection, reflection, and lifelong growth.

The virtual program begins Sept. 16 and concludes Dec. 2, 2026. It is available to all Interval members at no additional cost. Experienced executive coaches Jill Nykoliation and Kari Cardinale join The Interval's CEO Shelley Huff as lead facilitators, with guest speakers featured throughout as adjunct programming.

The program is available exclusively to members of The Interval. Membership is by application and is open to C-suite executives, founders, and senior leaders navigating intentional career transitions. To learn more or apply for membership, visit www.theintervalcommunity.com.

About The Interval

The Interval is a confidential, peer-led community for senior leaders navigating career transitions, sabbaticals, and intentional pauses between chapters. Built on the belief that reflection, recalibration, and clarity are critical but rarely supported, The Interval connects vetted executives with peers who understand the complexity and stakes of leadership transition. Members engage in trusted conversation, shared perspective, and strategic reflection through high-trust peer circles and curated programming, without the performance pressure of traditional networking. Every member is carefully selected to ensure alignment, depth, and mutual value. The Interval helps leaders move forward with intention and impact. To learn more or apply for membership, visit www.theintervalcommunity.com.

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