

Blockers & drivers

Moving forward positively



Is something holding you back?

Often there are things that inspire us & issues that hold us back.

Identifying our blockers & drivers is a powerful exercise to help us move forward positively.

The obstacles or issues may be fact or they may actually be beliefs. But the important thing is that they are stopping you moving forward.

Brainstorm here elements that are blocking you & identify things that inspire you.

There may be a solution for your blockers now or you may benefit from talking them through with a colleague, friend, mentor or coach.

Do get in touch if you would like any help.

Nicola

Identifying your obstacles

Obstacle

Solution

Identifying your obstacles

Obstacle

Solution

What inspires you?

Inspiration

How it helps

What inspires you?

Inspiration

How it helps



NICOLA PITT

Nicola has over a decade of experience enabling people, individually and in teams, to fulfil their professional potential without feeling stuck, overwhelmed or uncertain.

An Executive Coach, Trainer, NLP Master Practitioner and Clinical Hypnotherapist, Nicola brings her expertise to support managers to develop world-class skills.

Nicola brings her medical expertise alongside years of supervising, mentoring and empowering individuals to help everyone succeed.

Clients include HSBC, Pearson, Royal Mail & NHS Leadership Academy.



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