

Highs & lows

Using a different lens





Look back to look forward

Often we fail to look back to move forward.

But taking time out to understand the journey you have been on can make a big difference in the journey you are going to take.

Knowing what your boundaries are; what makes you tick & how your ideal team could be composed helps bring together a solid & successful plan for the next step.

So, take a moment to reflect & dive into where you have come from to know that the new path will be right for you.

To help you thrive.

Do let me know how I can help,

Nicola

Look back to move forward

Thinking about the worst role you have had...

What was your boss like?

And the people you worked with?

**How did you feel on a Sunday
night or when you woke up?**

**What is the worst memory you
have?**

Now shake that off.....

And step into dream land

Your new reality

**This is where you build the
framework for your ideal job.**

The job you deserve.

**The job that will allow you to
thrive, to learn & to have fun.**



And now wave your magic wand

Thinking about your dream role...

What would your working day be like?

And the people you worked with?

How would you feel on a Sunday night or when you woke up?

How would you describe your job to a friend?



And, if you were to write your job description

And what top 5 things will you not compromise on...

1.

2.

3.

4.

5.

The top 5 must haves are exactly that.

Must haves.

So, remember...

Keep them close to hand.

To not be swayed.

Your top 5 must haves are essential.

Stay strong. Stick to them.

And do let me know if you need any help.

Action plan

To move forward positively I will...

Task

Complete by...

Other to dos...

Task

Complete by...



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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