



## 4Cs for Success - Discussion Notes

What kind of success are you aiming for?

- Finding peacock feathers
- Balance
- External/internal validation
- Career
- Being happy
- Jump into the day with enthusiasm
- Feeling complete
- Reaching a goal
- Being proud of what I do
- Selling my house + moving
- Seeing people flourish & seeing growth in others
- Feeling at peace
- Doing a job/enjoy getting paid
- Alignment of values
- Consistency of jobs
- Want to feel good at what I do
- Make & keep connections

What do we mean by clarity?

- A clear pathway
- Lucidity
- What others expect of us
- Less chaos/Not juggling
- Inter knowing – Comfortable with what you're doing
- Simplicity
- Knowing what I'm doing
- Knowing why my goals are my goals
- Honesty with oneself
- Lack of self-criticism
- Knowing where you are & where you're going
- Clear set of goals (+ a mind map)



What is credibility?

- Known as an expert
- Track record/qualifications
- Quick ways v longer term – Trust, Performance, experience
- Authenticity / Congruence
- How you protect yourself / How others see you
- Capable
- Other people's perception
- How you communicate / Project an idea
- Help people to understand
- Want to be believed / Inspire belief

How can we tap into our courage?

- Believe in yourself
- Telling yourself you deserve it
- Determination
- Willing to make mistakes
- Confronting the truth / How you grow
- Knowing when to walk away (+ doing it) – Learning how to
- Saying no