



4 C's for Success Discussion Notes

How can we get clarity around what we're aiming for?

- Talk it through with someone (someone not too close / familiar)
- Know what your goal is and **why** (your why!)
- Why – Check the should's "What's on my agenda?"
- What makes make happy/special/comfortable
- Drill down – Challenge yourself "Peel the Onion!"
- Start with what I don't want
- Asking for help and how they align

How can we feel credible (and demonstrate it)?

- Remind yourself about your journey via your CV, LinkedIn, testimonials etc
- Acknowledgment and recognition
- Folder/file and keep all reviews
- Take compliments with grace
- Tell people about your successes and don't worry about what people might think
- Allow yourself to feel proud
- Trust yourself (context specific)
- Be humble
- Know where you come from

How can we use courage to lift us?

- See what you've achieved (gives impetus)
- Believe in yourself and step outside your comfort zone
- Knowing what's the worst that can happen
- You regret the things that you don't do
- Having a coach
- Positive self-talk ("Get out of my own talk")
- Set myself big goals
- Inspire others



How can consistency support us?

- Remain focussed/motivated
- It's good if you're doing the right things to help you get where you want to be (need clarity / balance)
- Personal - habit / habit forming (unconscious competence)
- Interpersonal – people know how to treat you / what they can expect
- No bad surprises
- Personal branding / reputation
- Parenting – expectations / well-being
- Good habits
- Feeling at home / intuitive knowing
- “Rhythm is right”
- Procedures
- Make sure things don't get missed

Takeaways and Actions

- Align thinking to new role / workplace and o/s work
- Try to avoid incorrect consistencies (e.g. overtime)
- Be more consistent with self-care and self-development
- More consistent with self-development in order to serve my clients better
- New goals – need clarity
- Courage – making steps and doing!