

## Episode #9 Pivot Point Story: Rachel Jefferson



Rachel followed her instinct to work in Dubai at a time when the middle east was not the 'in' travel destination. The journey provided a turning point, a significant pivot point in her life.

### Top Tips

### Simple steps to action

Trust your instincts

- Lose your attachment to what other people think

Always have a contingency plan. (This gives you options which in turn give you courage to take the next step).

- Visualise alternative scenarios in order to cope with the 'What if's?'

Be receptive to feedback (in all its forms) as it will guide your journey

- If you encounter obstacles every step of the way, it may be that you are heading in the wrong direction. If a choice is right for you, there is a flow to the way events unfold in your favour. Be aware of the flow