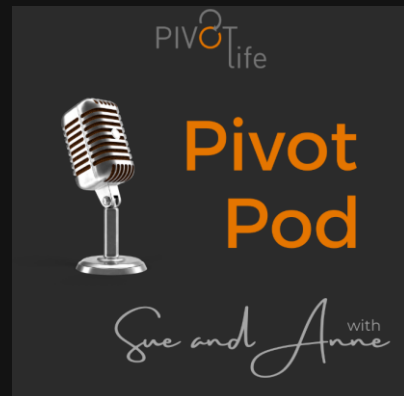


Episode #12

Pivot Point Story: Sharan Kafoa

Letting go of the old to let in the new. My way forward to where I am today. Sharan's journey took many pivots and the realisation that to improve her health she needed to let go of a work life that no longer served and trust herself to explore new opportunities. Today with that wisdom she shares her journey from corporate to coach.



Top Tips

Simple steps to action

Be open to new opportunities, they might not be exactly what you want, but you never know where they will lead.

- Let go and try it, explore the opportunity and what's involved.
- You can always say no!

Look after your own health and wellness

- Don't wait for ill health to start working on yourself
- Start taking small steps to reducing your sugar, getting better sleep, eating more fruit and veggies, and moving your body..

Life happens, don't freak out

- Pivot points come up all the time, whether they're forced upon us or it's something we've chosen.
- Look for the positives, they'll be there, and don't stress the negatives.

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