



Episode #13

Pivot Point Story: Heather-Jane Gray

Heather-Jane reunited with her finance of 25 years earlier - a lifetime had happened for both of them during those intervening years, reconnecting in London led to a move a world away.

Top Tips

Simple steps to action

Trust gut & heart connection/intuition – keep your sense of purpose - don't get paralysed by analysis. (Recognise if the Universe is sending you a signal)

- Focus on your values & the gifts in every situation (keep a positive mindset & remember that you have choices – don't be a victim)

Be kind to yourself – give yourself enough personal space & time to process change for better decisions. (Consider taking a course to help with the transition)

- Seize the opportunity to learn – you will become more resilient/agile as a result. And more able to help others with their journeys.

Find some support, whether that's family, friends, a psychologist or professionally credentialled coach. (Maximise every day – life is short).

- If it feels right, be brave & stick with it – a simple action plan can help you keep on track.
- Focus on relationships. Time heals. It gets easier

Insta: [@ikigai_coaching_mentoring](#)

Twitter: SynergyGlobalOD

Facebook: <https://www.facebook.com/heatherjane.gray.3>

LinkedIn: <https://www.linkedin.com/in/heatherjanegray>

Websites: www.synergy-global.com & www.ikigai-coach.com.au