

Episode #7 Pivot Point Story: Jane Taylor

Jane's journey took her to places that challenged and tested her strength, yet her Pivot Point, even though thrust upon her, provided great growth of resilience and hope for her future. Here are her tips.



Top Tips

Simple steps to action

Seeing the Pivot point as an opportunity for huge personal growth.

- Recognising the pivot point as something you do not really want to do.

Realising the strength one has as you move through it.

- Confront it head on.

Accepting help from family, friends and health professionals.

- Say Yes thank you.