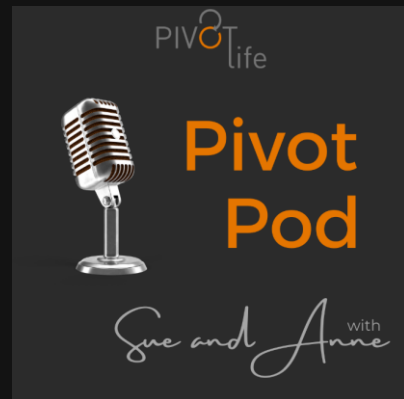


Season 2 - Episode # 6

The Great Takeaway – Know Yourself

Mike Cameron's insight into what happens when a company makes a choice to pivot your career. He talks about the intersect between work, health and wellbeing and the impact one can have on the other. How knowing yourself and asking really good questions is crucial to finding your right path.



Top Tips

Simple Steps to Action

Ask yourself the following 3 questions BEFORE moving forward into your Pivot Point:

Where am I now?

Do a deep dive into your feelings, thoughts, current reactions to your situation or potential pivot point through asking "WHY?" in as critical a manner as possible.

Where do I want to be?

Envision the new situation you are proposing, using well-researched examples of people or situations that encapsulate your dream or passion.

How do I get there?

Fully consider what studies, skills and competencies you will need to acquire or bring to this new situation. Consider the time, cost and support you will need to achieve your goal.

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