



## Episode # 25 Pivot Point Story: Stuart Smith

Stu's journey started with his unrelenting desire to take time out from his emerging career to travel the world and seek out opportunities. This pivot catapulted him into a brand new world that led to performance psychology and coaching top athletes in Formula 1, AFL Cricket and Snowboarding to working with businesses and CEO's.

### Top Tips

### Simple steps to action

Be curious

Dedicate time to understand what an alternative path could look like.?

Embrace being out of your comfort zone and courageous

Do things that make you uncomfortable

Once you have pivoted, pour your energy into the next step of the journey!

Practice committing absolutely to various pursuits within your life.

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