



Episode #16

Pivot Point Story: Kim Koop AM

From CEO to Compassion Warrior Kim's pivots are informed by her deep knowledge of how to watch out for the changes in the wind - and knowing when to make a slight course correction or a major pivot

Top Tips

Simple steps to action

When change is in the air finding a gap or clear air is so important. I'm a meditator but you could swim or spend time out in nature – anything that allows you access your inner wisdom

- You can start by sitting still and simply noticing what's going on in your head and your heart – find that 'pause' or 'golden gap' in the turbulence and cultivate that quality of awareness

Remind yourself of your core values/strengths and let them guide you

- You can take the VIA Character Strengths profile here <https://www.viacharacter.org/>

From CEO to Compassion Warrior

Stay close to people you trust and who have your back.

- Ask someone if they have time for a coffee and see what happens.
- Or work with a coach who can support you through the transition/pivot.

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