



Episode #14 Pivot Point Story: Di Van

After 3 years of total unhappiness Di's choice was clear. She needed to navigate a pivot that allowed her to reclaim herself from the inside out.

Top Tips

Simple steps to action

Trust your instincts

- Lose your attachment to what other people think.

You may have an end goal but a straight line to it is not always possible. If serendipity occurs, allow it.

- Be open minded and flexible, "the tool kits" for a pivot point

Always have a contingency plan. (This gives you options which in turn give you courage to take the next step).

- Visualise alternative scenarios in order to cope with the 'What ifs?'

Be imaginative

- Step outside your comfort zone, think like an entrepreneur

Be receptive to feedback (in all its forms) as it will guide your journey.

- If you encounter obstacles every step of the way, it may be that you are heading in the wrong direction. If a choice is right for you, there is a flow to the way events unfold in your favour. Be aware of the flow.

Be patient

- Have something ready to distract yourself when you are starting to become impatient