



Episode #17

Pivot Point Story: Andrew Hogan

Andrew's transition from a Catholic Priest to a move into the corporate world led to a whole new way of living. His journey started with a stumbling stone moment that unraveled over the coming years. This is how he navigated the pivot points.

Top Tips

Simple steps to action

Get the right support around you

- Talk to people close to you and share what's happening.

Focus on self-care

- Create space for your self
- Keep physically active

Create action lists to focus on the right things

- Create a list
- Get started
- Keep timeframes realistic