

The logo for Helen Foster Coaching is a black hexagon with the name 'Helen Foster Coaching' written in white cursive script. It is set against a vibrant pink and purple watercolor splash and is enclosed within a thin black wireframe of a tetrahedron.

Helen
Foster
Coaching

A large, stylized compass rose is positioned on the left side of the page. It features a central white circle with four white pointers extending outwards. The background of the compass is a mix of purple and blue tones with a dotted pattern. The title 'The Career Compass' is written in a large, white, cursive font across the center of the page, overlapping the compass and the background.

The Career Compass

**PARTS 3 & 4: BEATING THE
OBSTACLES & TAKING ACTION**

**Four Steps for Women
in the Media Looking
for a New Direction**

www.helenfostercoaching.co.uk



3. Beating the Obstacles

Welcome to Parts 3 & 4. Change is on the horizon because you understand yourself better and you know what you want. Do you think change might affect you? I do. Have a think about it. While you do so, why not give this exercise a try? It's called Positive Outcomes.

Once you've completed the answers, your next step is to book an appointment with me to discuss the results further and discover what insights the answers reveal about you. Call me 07976 729 636 or email helen@helenfostercoaching.co.uk

Exercise

Positive Outcomes

Answer these 10 questions as quickly and as instinctively as you can. The outcomes are useful for considering the potential impacts of any changes on other aspects of your life. Once again, there are no wrong answers. Don't overthink it.

1. What do you really want?

2. How will I know I have got there? What will be different about my position, my feelings?





Exercise



3. How will I know I have got there? What will be different about my position, my feelings?

.....

.....

.....

4. What will this outcome give me?

.....

.....

.....

5. What do I need to do to make this happen?

.....

.....

.....

6. What good things about my current situation will still be in place with this outcome?

.....

.....

.....



Exercise



7. What are the reasons for maintaining the status quo?

.....

.....

.....

8. If you stay where you are, how will you feel?

.....

.....

.....

9. How will any change affect my wider network - family, friends, colleagues?

.....

.....

.....

10. What are the first steps I need to take?

.....

.....

.....

* As with the previous exercise, this is to give you some ideas and for you to notice your reactions to the questions. It does not replace the benefit of working with a skilled coach.



4. Taking Action

Welcome to Part 4. This is the final step. This is where you plan the actions you are going to take in order to achieve the change you have decided you have wanted. Some people find this hard to do. If you'd like help making Part 4 happy, get in touch and we can talk about how I can help you do that."

Review the previous exercises, your notes and your learning.

Take a clean piece of paper and write your ambition/your goal at the top.

Below write in any order - brainstorm, if you like - everything you think you need to do in order to achieve this. Do not over think it, but think of as many actions as you can. Fill the page if necessary.

Re-read your list.
Number each item in order of priority.

Find a second clean piece of paper:
Re-write your list in the order the actions need to be done.

*** This list is not exhaustive. It will need to be reviewed regularly, re-written, re-jigged. Don't worry. That is what happens when you are working towards implementing change. There's lots of baby steps to take first.

Finally, if you hate lists, don't worry, but do develop your own action plan in a way that works best for you.

Whatever you choose to do, allow for new ideas, be flexible and be bold. *Go for it!*

To talk further, call me - 07976 729 636 or email helen@helenfostercoaching.co.uk





What Next?

THANK YOU for reading this far. I hope you have found the Career Compass guide useful.

Wherever you are in this moment is OK. However, if you do not want to stay here, then it's time to do something about it. Stop messing about.

Yes, taking a chance on a new direction can be scary. I know because I did it without any support! You do not have to be like that because I can support you.

Why am I the Right Coach for You?

Been there, seen it, done it – 20 years working in the media, specifically BBC.

Changed my career four times – still smiling!

Been where you are now – feeling sick at the thought of continuing to do the same job.

Lived through knockbacks and failure, surviving to tell the tale and being more resilient.

Understand how hard it is to change jobs/careers when you have been doing a job for so long.

Empathy for the fear you are facing about implementing change because I've felt it.

Listening skills to hear ideas you don't even realise you are having!

Working with me will help you to:

- Get clarity about where you are now and why you are dissatisfied
- Identify your skills, your passions, your options
- Work out what is negotiable and non-negotiable
- Talk through your limiting beliefs and how you can overcome them
- Create an action plan to get you where you want to be
- Reignite your passion for work
- Support you if you decide to take a new direction
- Champion you to implement the changes with confidence

Read what others have said about working with me: [CLICK HERE](#)

Call for a chat. Tel: 07976 729636

Or email me: helen@helenfostercoaching.co.uk with your questions.





On a personal note...

This is an uncertain time for you, I get that. However, I also know that standing still and remaining in the same place is no longer an option because I've been there. It creates anxiety and paralysis. Don't stay trapped.

Call me. Let's talk.

Helen

Connect with me...



www.helenfostercoaching.co.uk