

# To be inspired

This course, and current events, have made me face and realize how lazy I am when I get comfortable in a position or situation, refusing to change, regardless.

This course has proved to me how strong a being I am and has taught me to always see the best in me and remain positive regardless of the situation.

I have seen a considerable shift in me, which has been noticeable by my fellow attendees. I feel more empowered as I grow with knowledge and understanding.

This section and the course so far has shown me that there is a vast amount of opportunity just waiting to be seized. It has taught me that it is up to me to drive myself in any direction I choose and not to settle for second best, because changes will not happen for me unless I make them. The world is my oyster, as they say!

*Rahima Begum*

This course has totally changed my attitude. I have been made aware of how good my interpersonal skills are and although there are areas where I am not particularly good, I have concentrated on the areas where I do excel. My skills have not been assessed by management and so are not utilised correctly. I trained as a counsellor at Roehampton University, at great expense to the Trust and with the support of my, then, manager. My endless hours of study and learning have, to a great extent, been a total waste of time and money.

The career development programme has made me focus on the abilities that I possess and has prompted me to consider how I could incorporate them into my working life. It allowed me to look at what motivates me and assess what job satisfaction I am presently deriving from my work. There are very few instances in one's life when you are aware of real personal

movement. This course did that for me and I owe Helen and all those wonderful women who attended the course with me a huge thank you for having facilitated such a change of attitude.

*Michelle David*

# Moving Forward

In part one, we discussed the fact that throughout our lives, people and situations influence us. We cannot help being marked by our own, or other people's, experiences and we cannot avoid being touched by their plights but we take our own decisions. I found it very useful to share factors that shaped a few of my decisions and it was extremely interesting to listen to my colleagues expressing themselves and sharing their memories. I think part one helped to break the ice and gave us a boost to know that we are the masters of our decisions.

Part two was an eye opener for me. Although I was aware of what motivates me, it was interesting to listen to other people come out with different reasons for their motivations. Again the debate between colleagues made it such a productive session that at the end of it some of us were capable of pinpointing what actually motivates other colleagues. It was interesting to notice however, that we all agreed with the fact that we were all hunting for self-satisfaction at work.

The highlight of part three for me was the interviews. I could never have imagined that going for an interview was such a traumatic experience for some people. It was very helpful listening to tips and learning from other people's mistakes or their previous experiences.

I think that, overall, the course so far has been very productive in that it projected our own ideas, it highlighted our own concerns and it made us contemplate our self-image and how we portrayed in other people's eyes.

*Wafaa Boussaq (Arabic Advocate)*

The programme contained within this book will provide you with focus, have a long-term vision, tackle barriers and tap into your latent talents in order that they can be fully utilised to progressively move you from your current state of mindset.

The key to your future success will be the readiness to embrace the need to take action and change together with your skills will produce action and build strength for your desire for self-improvement.

*“An inspirational book! If you are looking for a book to assist you with your own personal life development, this is definitely the book for you. It unravels pages of realistic approaches to assist you on your journey. It helps to remove the barriers, break down boundaries and opens up areas that you didn’t know that you had”.*

*Chair of the Insitute of Business Advisors Elsa Caleb*

“Within your grasp there is an opportunity that can literally change your whole life, with the life ‘tools’ provided in this book you can now take time out to reassess where you are, where you want to be and how it can be achieved. Whatever you do don’t underestimate the potential of what you have.

*Helen Tucker*