



Be Your Best – Advice for Advancing Your Career

Advice about being your best seems so simple, but in practice it can be hard for most of us to maintain focus, self-belief and confidence in all areas of life **ALL** of the time. We all experience setbacks. The more responsibility we acquire, the greater the risk of failure. Many people suffer a defeat or rejection and end up accepting a mediocre version of themselves.

Those that bounce back are the ones that learn, reflect and re-approach challenges with fresh perspective and optimism, quickly.

In my first year of running Futureboard, I remember feeling invincible; failure was not an option; my life depended on it. I expected rejections and that made them so much easier to handle. My mind-set was one of self-belief and determination.

Grit has been determined by academics* as a true differentiator of success. Grit being the ability to work hard for a long period of time towards a goal no matter what obstacles are put in your way. Think Phil Knight, creator of Nike; Richard Branson, Virgin and Elon Musk, Tesla...the list goes on.

We can all develop emotional resilience if we have the motivation to do so: by surrounding ourselves with people that bring out the best in us; creating a support network; being in a job that motivates us and by being healthy in all areas of our lives (physically, romantically, professionally) means we have the capacity to cope with more.

Next time you experience a roadblock at work, consider your reaction: do you blame others, dwell on your disappointment or do you look to learn from the situation? Do you feel alone in your role/life or do you have others supporting you?

In summary, remember:

1. **It is possible to build resilience**
2. **Resilience naturally fluctuates depending on what else is going on in our lives**
3. **Take time to reflect**
4. **Ask others for feedback**
5. **Learn from super resilient around – look for role models and learn from them**

By Katherine Travell, CEO, Futureboard Consulting

This post was inspired by the following:

Shoe Dog, by Phil Knight: A Memoir by the Creator of Nike – an inspirational personal story of a person that had to overcome many set backs on his journey to success;

Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive and Energy, by Bonnie St John and Allan Haines - proof that small adjustments in daily routines, including thought patterns, food and drink, rest and movement can fight the forces that sap our energy and store focus and drive.

Getting stuck in the negatives (and how to get unstuck) | Alison Ledgerwood | TEDxUCDavis: Why do our minds focus on rejection more than success? Why our brains find it harder to deal with the negative in life.

*Dr Angela Duckworth, Professor at University of Pennsylvania