

10 ideas for action from our top 10 episodes

1. How to find your work/life fit #227

 *What have I done before that has improved my work/life fit?*

Find your 'we-work' fit: Who are the 3 most important people to support your work/life fit? Take the time to talk to them about what fit feels like for you and how they can help.

2. How to make the most of your 121s #247

 *What one change would make my 121s better in the future?*


Set your agenda: Don't leave the discussion to chance. Agree on a format with your manager beforehand and take ownership for identifying actions to ensure you get what you need.

3. How to stop being a people-pleaser at work #270

 *How often do I do something in my day that's just for me?*

Say no nicely by: Suggesting other people who could help, explaining & involving other people in agreeing your priorities and suggesting when you could help if it's not possible right now.

4. How to explore progression possibilities #220

 *What would I like to be true about my squiggly career in 12 months time that isn't true today?*


Job-description scanning: Find 5 jobs that you're curious about, and highlight words that stand out. This will give you clues about your career must haves.

5. How to be a good manager #278

 *How have I helped someone else succeed in their career?*

Be a strengths spotter & sponsor: Download [this free resource](#) to get comfortable with what that might sound like.

6. How to increase your assertiveness #276

 *When do you want to be more assertive at work?*


Use assertive shortcuts: Try answering a question with a question, involving others rather than solving yourself and summarising a conversation to create clarity and take back control before moving on.

7. How to ask better questions at work #216

 *What kinds of questions am I naturally good at asking?*


Increase your question range: Consider Zoom out questions – how does this relate? Adjoining questions – what's the impact on our team? Unlocking questions – how would xx approach this?

8. How to negotiate for what you need #224

 *What skills do I already have that will support me to negotiate for what I need?*

Start scenario planning: Do this before starting a negotiation. Plan for a no-go, good, better, or best outcome or situation.

9. How to manage your monkeys #258

 *How often do I feel like my to-do list is being controlled by someone else?*

Support but don't adopt the monkey: Offer ideas and advice on how someone can manage their own monkey rather than actioning it for them.

10. How to know when to lead/follow #236

 *Where might it be helpful for me to follow / lead at work?*

Question: To support you in moving modes, be specific about the skills you want to 'spike' in when leading/following.

Coach yourself questions

Which topic do you want to focus on and why?



Who could keep you committed to taking action?

