



Tips to keep you airborne!



How to stay AIRBORNE when the headwinds of the world and work get tough!

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It's no surprise that as our business world today changes, leaders face many challenges...and if you think that this post is not for you because you don't head up a team, think again! Leadership starts with you, whether you lead yourself, a family, a footy team, a business group or a community congregation.

Volatility, uncertainty, complexity and ambiguity (VUCA) are all realities of doing business in the 21st century.

It's now more important than ever that if you hope to lead the change in your 'organization' that you be at your personal, resilient best.

Staying AIRBORNE and riding the VUCA wave requires that you take personal wellness seriously. It's a given!



High-level wellness is a premium state that will fuel you on your way. It's your vehicle to successfully changing the way you make decisions, manage risks, foster change and solve problems.

It's about taking care of your physical self; using your mind constructively; expressing your emotions effectively; being creatively involved with those around you; and being concerned about all aspects of your wellbeing.

How would your day be different if you awoke with bright energy, feeling excited about your day ahead and motivated to take positive action on your priorities?



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What would it take to achieve such a state?

Have you ever thought about aiming for AIRBORNE...the word that keeps popping into your inbox every month?

Staying AIRBORNE requires you to:

- Aim for altitude and attitude
- Identify your current location
- Reboot through the power of sleep
- Build and boost relationships
- Overcome barriers to success
- Release unwanted emotions
- Nourish and flourish
- Energize and feel alive

Likening these 'capitals' to the seat of government and administrative centre of your being will surely give you uplift, boost your resilience and keep you on track.

So, go on...take initiative, pick a letter, flesh it out and breathe some fire into it. I dare you!

Here's to VUCA, to challenge and to change.

Stay well, stay AIRBORNE...and thanks for subscribing,

Caroline

PS - Whenever you're ready, work with me directly to see how you, and/or your team can stay AIRBORNE.

Just send me an email with "yes, more information please".

Spread the word...

