

***“The real voyage of discovery consists of not in seeking new landscapes but in having new eyes.”***

***– Marcel Proust***



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EMPOWERING PEOPLE PERFORMANCE

Years of promotions, pay rises and exciting projects suddenly came to a grinding halt for Sunil rocking his world. 'The walls came down when my wife called me crying after our daughter asked her - has daddy left us'. A diary full of travel had left Sunil exhausted, depleted and disconnected from himself and his family.

An impact of this was that he constantly questioned the motives of others, damaging relationships, a result of the stress he was under.

Throughout the course of our work together Sunil was able to rescript his professional and personal life to one that worked for him holistically.

At first Sunil thought the answer was to leave his role, something he didn't want to do. However the conflict between working for a company he enjoyed, his family life and his wellbeing was too difficult to manage.

We went back to basics drawing on Stephen Covey's circles of Influence, followed by working through a perspectives methodology which enabled Sunil to look at his current circumstances, focus and choices.

Reflecting back on this time Sunil shared: 'Once I took responsibility for the way I was working, and sat down with my Manager and my team things changed, quickly'

The ability to look at a situation with new eyes is powerful. Have you had a similar experience?

*Pollyanna*