



hehlo, awesome!

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greetings

Phew! February was something else, would you agree? In addition to the extra day, February was filled with ups and downs, failures and successes, dance parties and silent discos. (You'll have to connect with me personally if you want to know more about my dance party!) There was a lot to love about February 2024. Read on to revisit the month with me!

story time

XOXO
eleanor

When is the last time you failed at something? I failed at something in February, and it came as quite a shock to me. Perhaps I was surprised to fail because I tend to be someone who is fairly risk-averse. In other words, I don't have a lot of experience failing because I normally only put myself out there for the sure thing.

Recently, I heard someone say "'Done' is better than 'perfect.'" For a perfectionist like me, this statement has become a springboard for action. "Done" can have typos. "Done" can be the wrong size. "Done" might end up looking like failure. And if it does? Do it again. Do it differently.

When I find myself avoiding a task or opportunity because I have that all-too-familiar frozen feeling that comes with perfectionism, I'm going to remind myself that I should just DO IT, not do it PERFECTLY. Will I ever be thrilled to fail? I doubt it. But in the spirit of being a little more risk-tolerant, I'm going to celebrate being "done!"

what's new?

I am excited to share that I have successfully achieved certification as a Scared So What™ Ltd instructor! SSW is the first bespoke personal change model designed to help individuals and organizations focus on the effects and management of personal change for themselves and others.

Learning about the SSW model has been transformative for me. Recognizing how individuals feel about change should be a foundational practice, and I believe it is a crucial step in developing a sustainable workforce in all industries.

Message me for more info about how facilitating conversations about personal change will strengthen your organization.



LET'S CONNECT!

SCHEDULE A CALL



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