

The background features a complex, abstract design. It consists of numerous thin, overlapping lines in shades of green and white, creating a sense of depth and movement. A prominent feature is a grid-like structure that appears to be a perspective view of a building or a series of planes, with lines converging towards the right side of the frame. The overall effect is one of a dynamic, futuristic, or architectural space.

PERSONAL LEADERSHIP PROGRAMME

Gail Ellis
Greenburn

A close-up photograph of a person's hand holding a smooth, light-colored rock. The rock has the words "BACK TO WORK" written on it in a bold, black, hand-drawn font, arranged in three lines. The background is a blurred beach scene with a clear blue sky, a blue ocean, and a blue beach umbrella. The focus is sharp on the rock and the hand, while the background is out of focus.

BACK
TO
WORK

SET INTENTIONS.

NOT RESOLUTIONS.

What do you want to achieve in your first quarter?

Have you got what it takes to continue to work your targets and development?

don't just fall into the cycle of the day job

How can you ensure your goals are visible to your manager?

How can you ensure you are supporting your team?

How can you ensure you are stretching yourself? Agronomy?

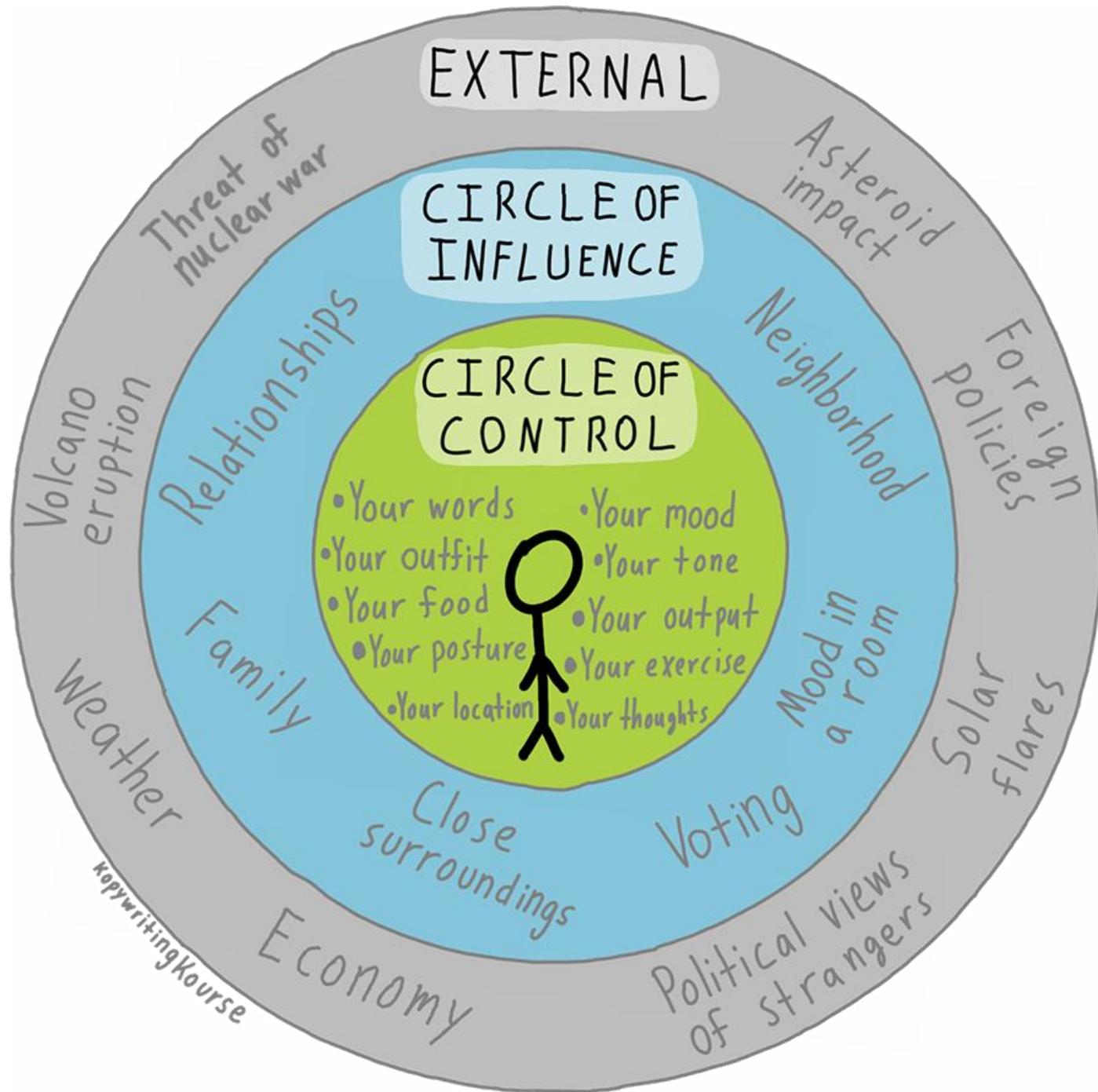
How can you ensure your goals are realistic and achievable?



FEAR OF CHANGE STOPS YOUR PROGRESS

- **CHANGE HAPPENS:** *They keep moving the cheese*
- **ANTICIPATE CHANGE:** *Get ready for the cheese to move*
- **MONITOR CHANGE:** *Smell the change often so you know when it's getting old*
- **ADAPT TO CHANGE:** *The quicker you let go of the old cheese, the sooner you can enjoy new cheese*
- **ACTUALLY CHANGE:** *Move with the cheese*
- **ENJOY CHANGE:** *Savour the adventure and enjoy the taste of new cheese*

Be ready to change quickly and enjoy it again (and again!)

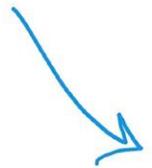


Make Tiny Changes

The saying “Go Big or Go Home” doesn’t apply to change.

Fogg is the founder of the behaviour design lab at Stanford University. This book is an easy read which introduces his research, that change is best enjoyed when it is made tiny.

Tiny Habits is the perfect easy read if you want to do more but can’t quite find a rhythm.



**TINY
HABITS**

*The Small Changes that
Change Everything 😊*

BJ FOGG PhD

Founder of the Behavior
Design Lab at Stanford

It's natural to 'fall off the wagon'.

There is no need to set yourself perfectionist goals or berate yourself when you have an 'off' day.

RELAX, REVIEW & RESET

Willpower & Motivation are fickle shapeshifters.

Reaching your goals shouldn't be a stressful endeavour. And if a goal stops feeling right –

CHANGE IT!



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