

So the New Year is well underway and maybe some of those good intentions have already fallen by the wayside. We thought it might be a good time to share some thoughts on the messy business of change and habits

Be realistic. Research suggests that when we set out to change something we invariably underestimate how long it will take.

Check out the January calendar and see if there are any ideas or quotes that could help you to get going.

Sticking Power. We are often good at getting going but find it hard to keep momentum. **Remember why you started.**

Count your small wins. Celebrating small goals can keep you motivated. **Who is going to help you focus on progress so far?**

Change is also about stopping too. Be clear about what habits are barriers you need to remove to go forward.

Manage your expectations. Change will be a bumpy journey so roll with the punches and encourage yourself.

If you need any support to make a professional change or you are undertaking a major change in your organisation or you want to re-frame your team we could help. Our facilitated team work and leadership development could be just right for you.

Contact Kay or Val at Signpost Coaching Services 07909808220