

		My key reflection/s	My commitment	My action	My timescale	My progress
Session 1	Navigating the ups and downs of business					
Session 2	Make every work relationship count					
Group Discussions	Efficiency Boost					
	Smart Growth					

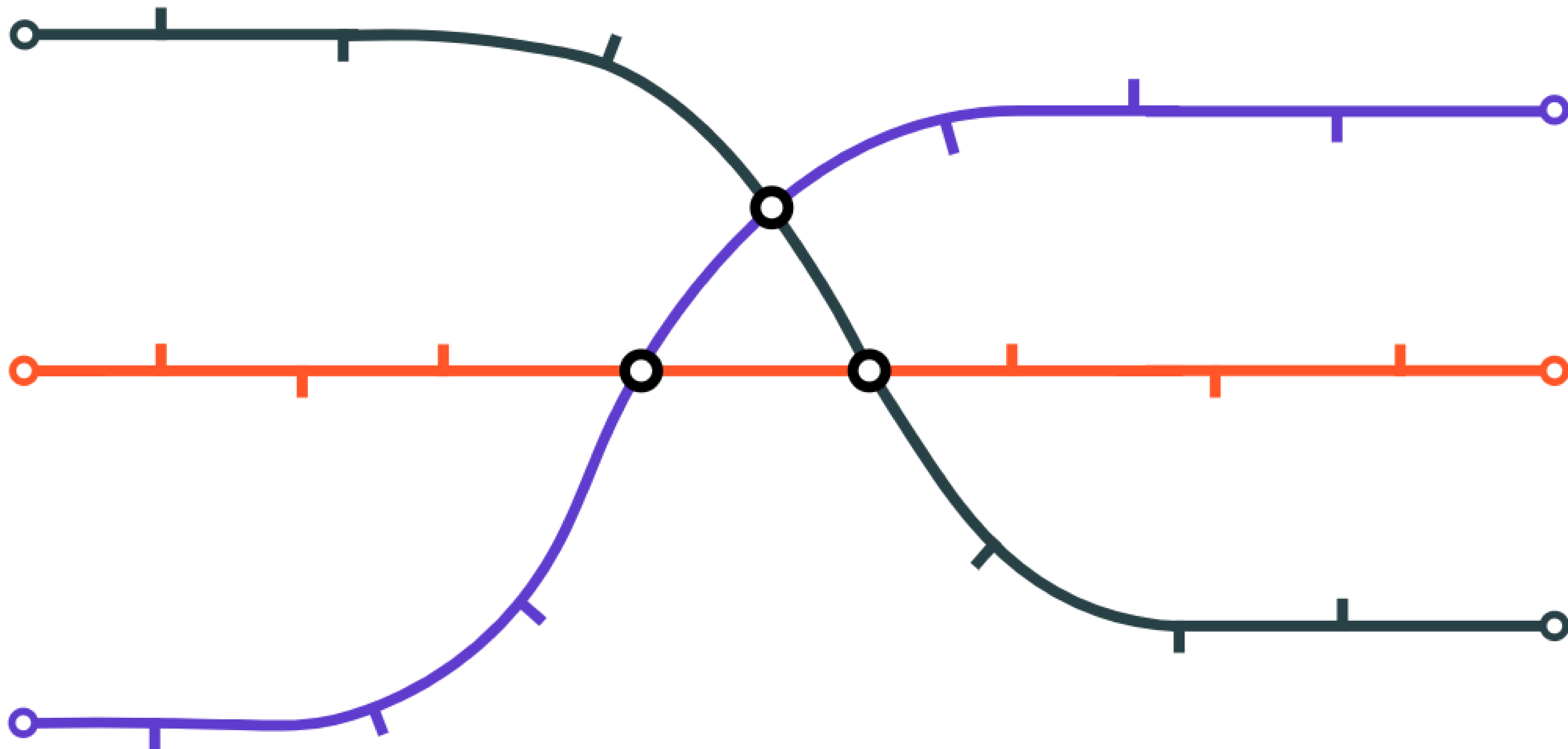
		My focus	My desired outcome or result (my why)	My actions	Who or what can help me?	My timeline	My progress
<div>Commit</div> <div>Develop</div> <div>Explore</div>	From today						
	For the next 3–6 months						
	For the longer term						

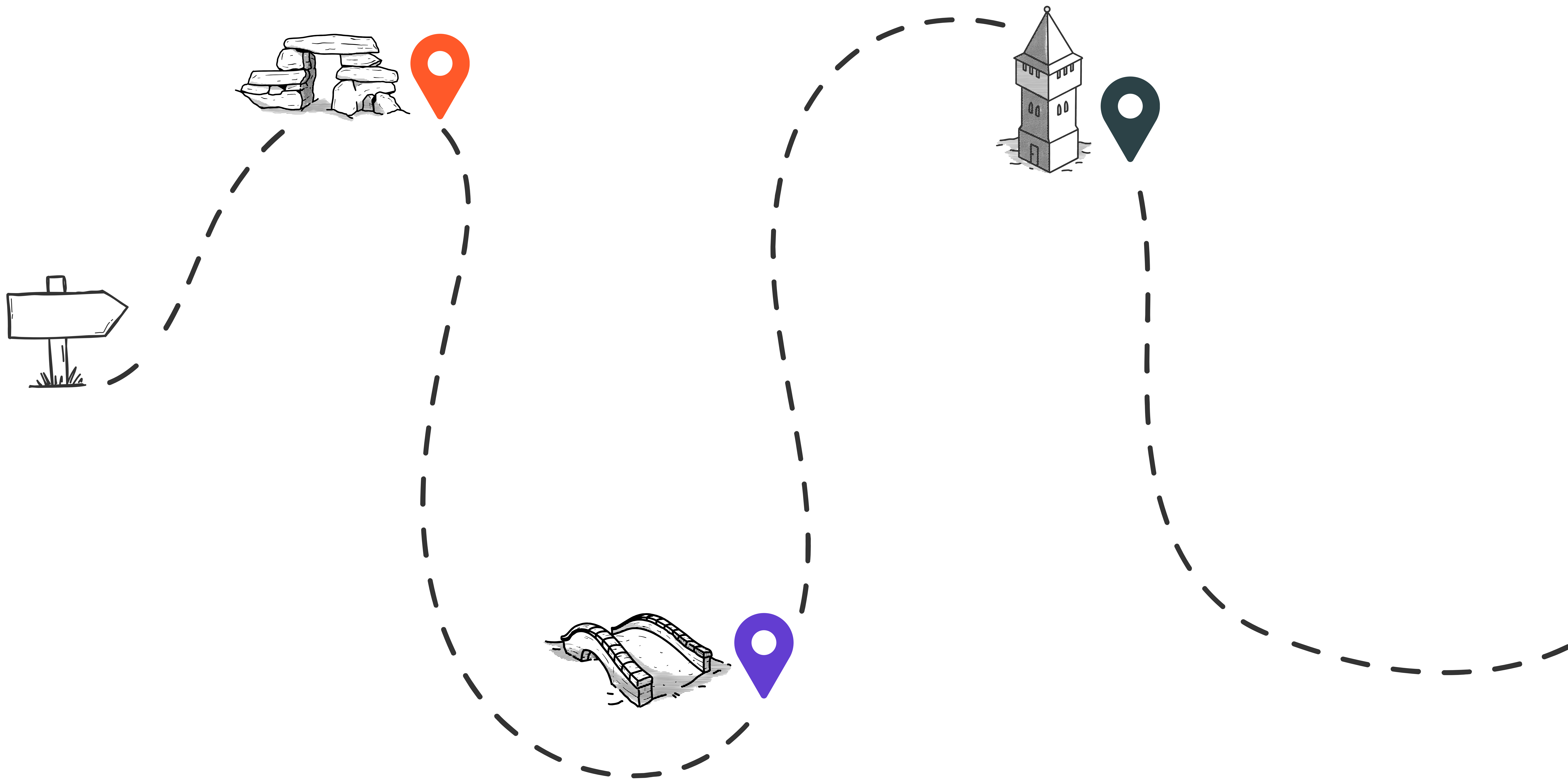
Commit	Develop	Explore
From today	For the next 3-6 months	For the longer term
<ol style="list-style-type: none"> 1. My focus 2. My desired outcome or result – my why 3. My actions 	<ol style="list-style-type: none"> 4. Who or what can help me? 5. My timeline 6. My progress 	

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