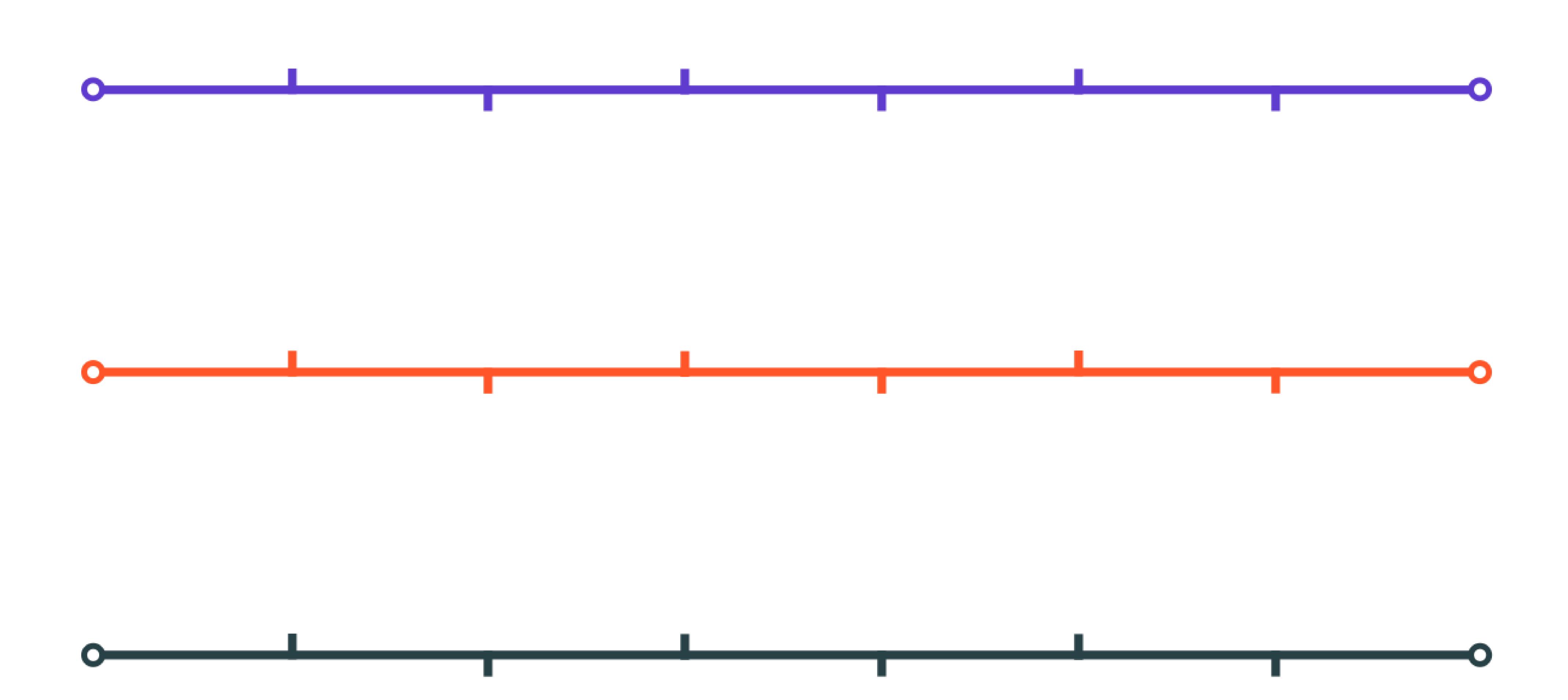
		My key reflection/s	My commitment	My action	My timescale	My progress
Session 7	Navigating the ups and downs of business					
Session 2	Make every work relationship count					
	Efficiency Boost					
Oup Discussio	Smart Growth					

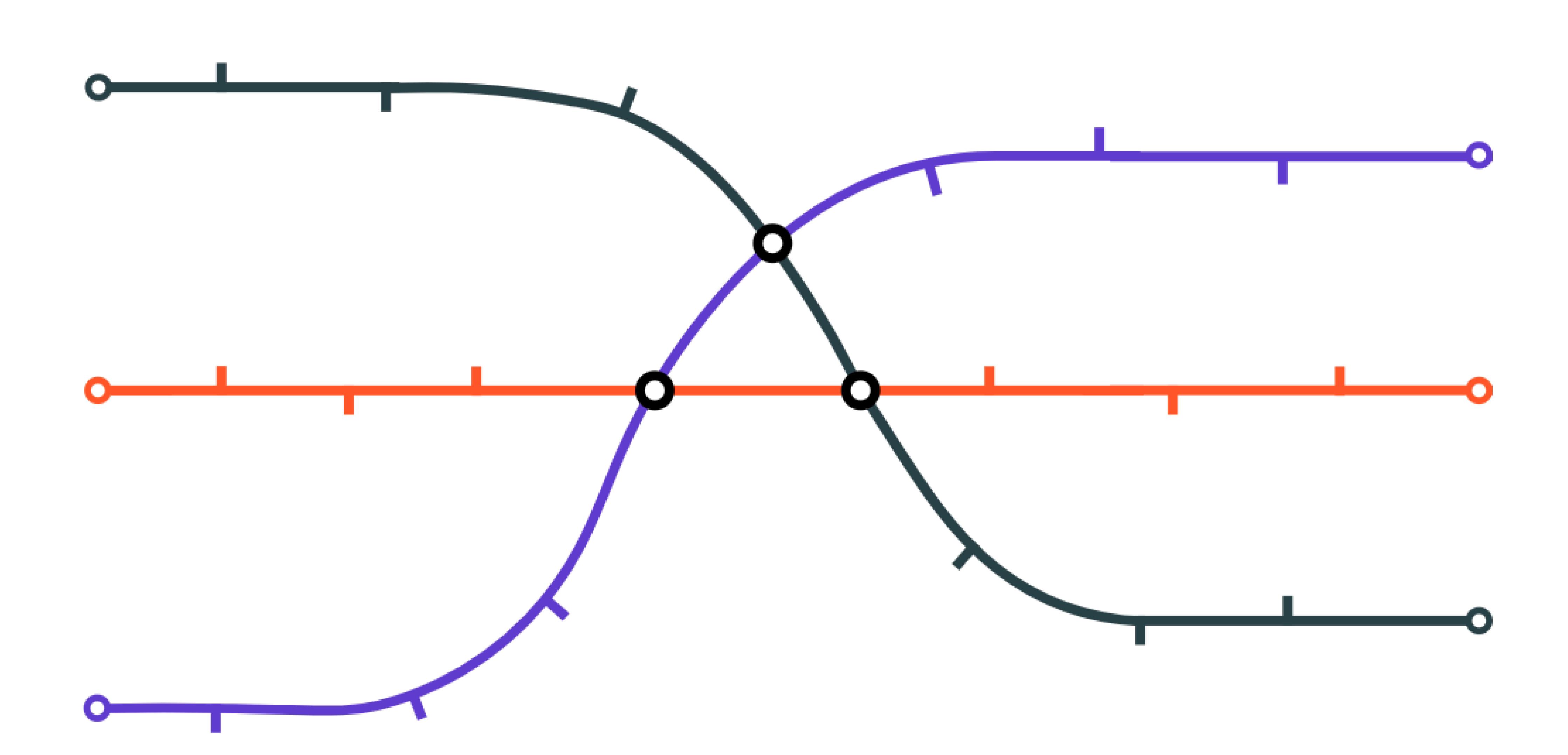
		My focus	My desired outcome or result (my why)	My actions	Who or what can help me?	My timeline	My progress
Commit	From						
	For the next 3-6 months						
Explore	For the longer term						

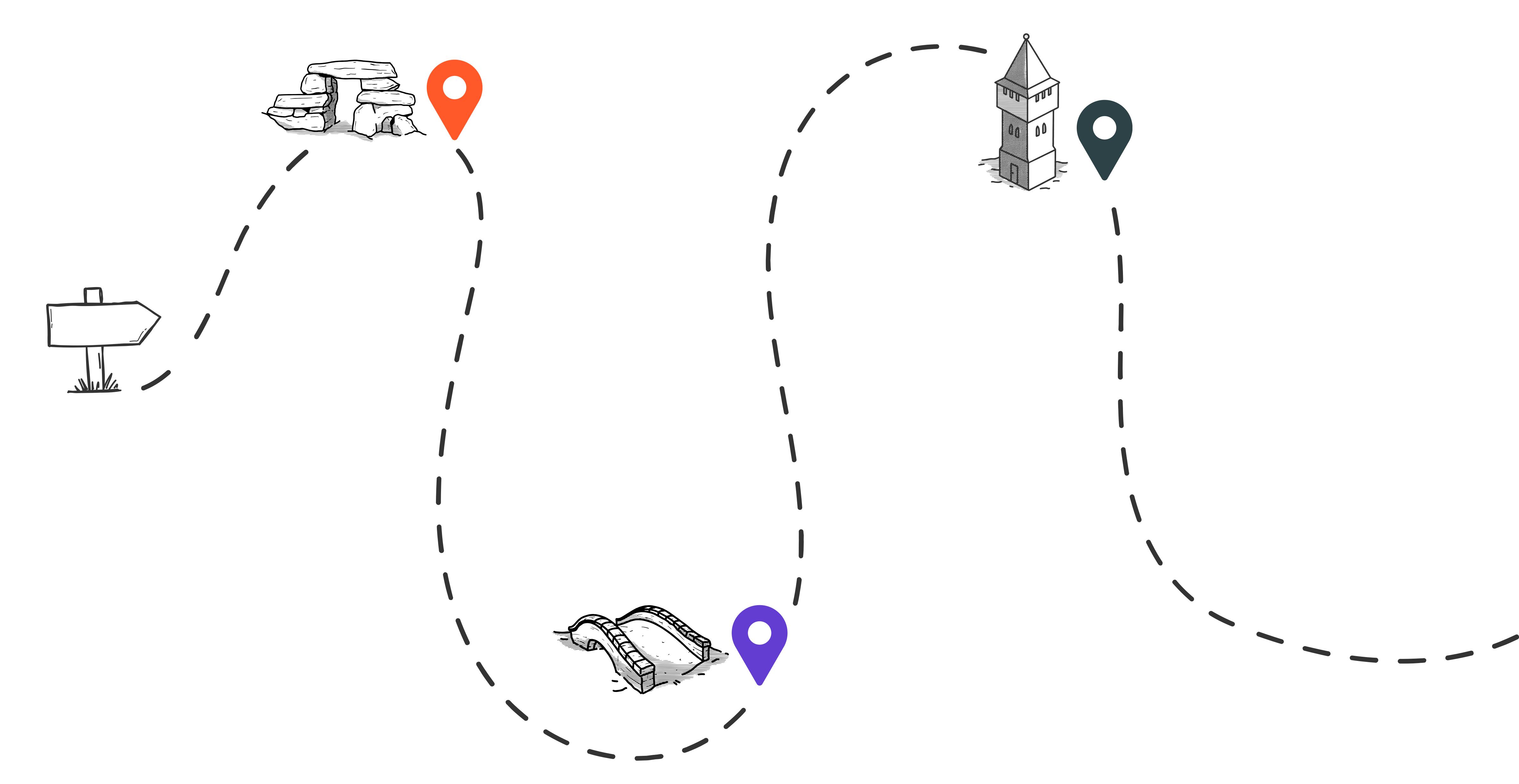
Cor	nmit Develop	Explore
		Eartha :
		longer term
	•	
1. My f	ocus 4.	Who or what
2. My c	esired outcome	can help me? My timeline
	ctions 6.	- My progress -
	+ + +	
	+ + + + + ,	

Commit	Develop	ı	Explore
From today	For the near		For the longer term
1. My focus		4.	Who or what
2. My desired of	outcome		can help me?
or result – m	y why	5.	My timeline
3. My actions		6.	My progress



	Commi	Devel	op	LAPIOIE
	From today	For the 3-6 mo		For the longer term
1.	My focus		4.	Who or what
2.	My desired outcome			can help me?
	or result – my	y why	5.	My timeline
3.	My actions		6.	My progress





Commit	Develop	Explore	
From today	For the next 3-6 months	For the longer term	
 My focus My desired of 		Who or what	

2. My desired outcome

can help me? 5. My timeline or result – my why 3. My actions 6. My progress