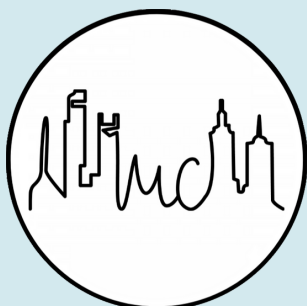


PERSONAL BOARD OF DIRECTORS

Journalling activity for
Personal and
Professional Success
by Marion Miller.

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Your personal board of directors should be diverse and leave you feeling inspired, motivated, challenged, supported, informed, strong and confident to make moves and take risks. Try to include others able to connect you to the right people, be influential, have strengths and knowledge you don't and be willing to help you advance. They can also help you balance career success with your personal life. Reflect on the following questions and build a plan to form your personal board of directors.

What is your goal?

Think about the picture goal for your career and break it down into a yearly SMART goal.

Who is in your existing network?

List the people and relevant skills and personality qualities they bring.

What are the gaps in your current network?

Look at who you have in your network and who you need to bring in so you have a diverse group.

Who do you know to fill the following roles in your personal board of directors?

The Connector: This is someone who is really good at professional relationships and can help you navigate any politics or personalities that are challenging.

The Editor: This is the person who is good at critical thinking about your work and can look over your project with a black hat and offer you a different perspective

The Expert: This is a person who has specialist expertise in a certain area you might need like finance or law. They can offer you advice and it won't cost the earth.

The Cheerleader: When the imposter syndrome sets in and your full of self-doubt the cheerleader can build you up and encourage you.

The Wise One: This is an elder who is already further down the road and can help you see what's up ahead and how you'll need to navigate.

The Confidant: Someone you can be vulnerable with, they listen with empathy and don't judge you. They are kind and nurturing and nourish your wellbeing.

The Creative: This is an innovative, original thinker who sparks your ideas, helps you think outside the square and offers you different ways of connecting the dots of your life.

Make a plan for your first meeting with your board of directors. Think about the following questions. Will you meet with them individually? Will you meet them as a group? Will you go to them, will they come to you or will you meet at a neutral place like a cafe or library?