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Wednesday, December 2, 2015

Hello reader, here is my newsletter.

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I read an article a while back about “don’t compare your chapter 1 to someone’s chapter 30 (linked in) and I thought it was brilliant. For overachievers like me, we constantly aim higher often forgetting that it takes time to become an expert. You don’t become Celine Dion in one year!

When I was a Vice President at CGI, I was at chapter 30. I started working in an office in 1987. I went through 25 years of going up the ladder from receptionist, secretary, assistant estimator, office manager, PMO (project management office), junior project manager, senior project manager, director and finally vice president. I learned a lot in those years. And while doing that, I went back to school at night to get my bachelor’s and Master’s degrees.



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If I could change one thing, it would be: RELAX! I always wanted to become an executive in a big firm. So, to achieve that level of success and be great at it, it takes dozen of years. So why the rush?

I was always in a big hurry to be the best at what I was doing and then in a hurry to move up the ladder. Which meant I was always in a weak position because I had to learn a new job all the time. So I have been frustrated for the past 25 years! When I left CGI to become an executive coach, I entered the same pattern. I went back to school to get certified as a coach, then entered a pattern of self-criticism if I was not the best coach or the best speaker. When I read that article I had a “Ah-ha” moment. What’s the rush? Learn to enjoy the journey and be the best you can be at the moment. Then accept to put your ego aside and learn from your mistakes in order to get better.

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I am a lot more relaxed now and I have learned to trust myself a great deal. So stop for a moment and enjoy the journey.

*Have a great end of November!*

Sophie



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Web Site: [www.helpertoday.com](http://www.helpertoday.com)

Book: in [Paperback](#) or [Kindle](#)

*"When we can no longer change a situation, we are challenged to change ourselves".*

VIKTOR FRANKL