

 **Nicola's Avatar - CONTEXT - These are LinkedIn posts for my life coaching client who is looking to build up more attention and get clients.**

Post 1:

In 2018, I suffered from corporate burnout.

Today, I help people overcome that same struggle that once held me back.

Here's how I did it:

1. Focus on one task at once

I used to multitask all the tasks on my "to-do" list in the hope to get them all done ASAP.

However this often leads to me leaving my most important tasks to the end.

Causing higher levels of stress to finish it before my deadlines.

2. Regular exercise in nature

Giving your body exercise while surrounding yourself with nature is the best way to relieve your body and mind.

Which can help give you the mental clarity needed to tackle your next task.

3. Losing the distractions

I often felt caught up in a bundle of distractions that placed my mind elsewhere.

Preventing me from having a clear focus on what I wanted and how I could get there.

But losing the distractions aided my burnout problems entirely.

P.S. What's something you've done to prevent burnout?

Post 2:

I was confident and determined to succeed.

And then in 2020 I felt directionless.

What caused that misdirection?

A lack of accountability.

Because although I was working hard in the corporate space at the time.

I could only keep myself driven and working for so long.

Which led me to question why I worked so hard to begin with.

Yet when I sought out help from a friend.

It was only then when I realised how important it was to have accountability in my life.

And I've talked with hundreds of busy professionals who suffered with the same problem!

So I'm hosting a live event where you can reflect on the hardships of this year.

While gaining accountability and an actionable plan for the year ahead.

Click here to secure your seat 🖱️

[<Link to live webinar>](#)

Post 3:

Here's how I went from experiencing unbearable levels of stress to having full mental clarity.

And it wasn't just because I took breaks from my busy life either.

First, I focused on the problem itself and asked myself these questions:

- Why is this making me feel stressed?
- What could I do right now to reduce the stress?
- What systems could I put in place that would prevent this from happening again?

Next when coming up with a solution to resolve my stress I considered:

- The most suitable solution for my busy schedule
- If this would be a long term or a short term fix for my stress

Which allowed me to overcome my inability to control and manage my stress.

So I shared this approach with many of my clients who've all now gained their personalised plan against their uncontrolled stress.

Looking to do the same?

Let's get your stress under control with your personalised approach!

[<Link to discovery call>](#)

Newsletter article:

3 Ways To Stay Accountable Towards Your Goals

If you've been working towards a difficult goal but you're yet to reach it.

Then you're probably struggling with accountability.

So here are 3 ways you can keep yourself accountable:

1. Track your progress daily

We often lack accountability when we don't realise the progress or lack of progress we are making.

So when you introduce daily tracking of progress, it helps identify your:

- Strengths
- Weaknesses
- Improvements

For the next day.

While making it easy to keep yourself accountable on:

- How you could do it better
- What you accomplished in the day
- What you would change to make the next day more productive

2. Have an accountability partner

Holding yourself accountable can be difficult.

So having an "accountability partner" can often help you:

- Make goal setting more enjoyable
- Stay motivated for achieving your tasks
- Reduce the likelihood of not completing tasks

Which as a result, will also help you keep your partner accountable, helping you grow together!

3. Reward yourself regularly

Now although it can be nice to get the external feeling of reward from completing a task.

It's often more effective to use a physical reward when you've:

- Reached a goal
- Overcome a difficult obstacle
- Made a lot of progress towards a goal

As this will keep you more motivated to pursue more challenging and fulfilling goals.

However it's important not to overreward yourself in these scenarios to prevent a draw-back in motivation also.

P.S. Looking to reflect on this year and receive actionable improvements to make 2024 your best year yet?

Save your seat for my live event [here](#).