

## Reflections on a year spent well

Margaret Beaton 16 December 2012

This is my last post for 2012. It's my opportunity to reflect on the joys of working with my wonderful clients, writing my blog and building my practice as an executive coach. Merry Christmas to all my followers. Have a restful and reflective break and return in the new year to focus on those aspects of your life and career that are most important to you.

In doing so, you might like to review my favourite posts of the year and let me know which one/s you found most useful and why; drop me an email at [margaret@beatonexecutivecoaching.com](mailto:margaret@beatonexecutivecoaching.com).

**February.** What have Federer and Nadal done for Djokovic? My topical interpretation of what the behaviour of great sports people teaches us all about mentoring.

**March.** All personal growth requires effort, willingness to try, to fail, to try again, learn and eventually grow from the experience. In common parlance, there's no gain without pain. Lessons from Sigmund Freud's and Carl Jung's relationship.

**April.** If you want make your way upwards, climb the organisational ladder, build your business or grow your practice, you have to learn to manage up.

**May.** The story of Simon evoked the greatest response during the year. "After a lifetime in the firm, Simon's career as a partner was over. He was not yet 60, and the firm didn't need him any more..."

**June.** That we are defined by our career and work is a truism for *many* of us. But it's true for *all* of us in another, more fundamental way. The guiding principles that drive us in our personal lives are identical to those that drive us in our business lives.

**July.** High performing leaders regularly give themselves feedback. What's really exciting about this is that we can all learn to use their methods. Self-feedback is integral to Stepping Up. Is self-feedback part of your self-learning and continuous improvement?

**August.** Your networks are an important source of information and intelligence? *Right.* Family connections, friends, school and university mates and business associates are the most productive places to network? *Not necessarily.* Here's why.

**September.** *What you say about yourself reflects your innermost beliefs about yourself.* These beliefs include the importance of your role in your organisation, how much you have achieved in your work life, who your friends are, and how successful you have been in your close personal relationships. The statement is true whether you are talking to yourself or interacting with others.

**October.** The key to being in control of your destiny is knowledge and preparation. And it's not only up to you to prepare; your firm should too. Tom Stoppard is right; every exit is an entry to somewhere else. Have you chosen your exit—and your next entry?

**November.** Don't be in a hurry like Laertes, Polonius's son in Shakespeare's Hamlet, when you make your next career decision. This applies to you if you are stepping up or letting go. Know what's important to you and you'll have no regrets.

I look forward to being back with you all on *Letting go. Stepping up.* from February.

*This post was written by Dr Margaret Beaton, a director of [Beaton Executive Coaching](#) and [Beaton Research + Consulting](#). You can also find Margaret on [LinkedIn](#).*