



Life Lessons

“ONE MORE”

It's funny how life has a way of teaching us lessons. And how those lessons don't always come when we expect them either.

That happened to me last week.

I can't believe it's nearly one whole year since I set up Astrantia People Consulting.

I've definitely learnt a lot. And while I might have danced up and down the hallway in our house celebrating a few times, it's not been easy.

My recent life lesson?

I won't bore you with the detail. The best way to sum it up is through a phrase used by the England Lionesses..... “one more.”

A reminder that, instead of getting overwhelmed and distracted by the big, scary ‘thing,’ I just need to take one step at a time.

“With each step forward, you redefine what's possible for yourself.”