

Episode #5 Pivot Point Story: Jasper McDowall



Charting a course with organic & forced pivot points. Jasper provides insights into the differences she has experienced when charting a course with organic pivots vs forced pivots and how she established her own roadmap to steer her journey.

Top Tips

Simple steps to action

Build a supportive network

- Trust yourself to build a network of supportive people & professionals who can help you traverse your pivot.

Accepting that there will be times when its OK to feel not OK

- Remember to check in with family and friends at these times

Accepting there are days that you need to go inward

- On those days TRUST yourself to work through and then get back on top again