

Happy Advent from
Plan A
Dynamic Consulting!

1st December 2020

Dear Diary,

Who knew this time last year what we were all going to have to face?

Change is tough for most people, it causes stress, anxiety and worry. So, as we head into December, take a moment to

appreciate your strength. No matter how difficult it has been to adapt to new ways of working – you're here and **you**

have navigated change.

As you head through today remember that the best way to **fill your own bucket** with motivation and optimism is by looking **outwards**. Thank people, congratulate people, recognise the worth is people, **smile**, give others credit.

Make your bucket tip your optimism out over others! Be the person you would like to be around and see how amazing it makes you feel. Let's start this advent with **energy!**

