

WELCOME TO OUR

Quarterly Newsletter

we're so glad you're here!

A message from our Managing Director



Happy New Year to you all.

As crazy as the end of year is and the start of a new one, I love the chance to silence emails for a short time and enjoy the privilege of seeing family and friends. But also having the space to just do nothing!

I am one of those people that has no idea on what day it is in 'the month' between Christmas and the New Year and even for the highly organised person I am, sitting back and letting life slowly flow.... for a few days at least.

2023 was a busy year, for MYS. The team wrapped up, extended, and gained new coaching clients across government and the private sector, delivered thousands of hours of leadership training between us, supported charitable organisations, and provided facilitation, program and consulting services across complex programs, transitions, boards, and procurement outcomes.

And in November we moved offices to a new bigger space – we now have our own workshop facilities – The Learning Lounge.

In all of that we also had fun, expanding the team, attending conferences, socials and taking our own advice to manage a work/life blend.

Now what's next for MYS in 2024.....lots more of that.

A handwritten signature in blue ink, appearing to read 'Lynn'.

Ins and Outs

You've probably already seen copious amounts of peoples Ins and Outs lists and may have done one yourself.

Hands up, I have done mine.

But how do you achieve the momentum of the list?

Iris Apfel 'the accidental icon of fashion' says, "you've got to be prepared to get stuck in, even when you're at risk of the fear overwhelming you. It's not going to be easy – easy is doing nothing".

With that in mind, we are going to challenge ourselves this year to face our fears, or more precisely the fear of failure. There are many steps to allay our fear of failing by breaking down our challenges or goals. One of the ways to meet our goals is to set them in an achievable context.

Broad statements are not our friends.

For example, I am going to be fitter this year. I am going to save more money. I will sleep more consistently.

How, when, why and more importantly who is keeping me accountable to achieve these?

Take the time to reflect on your previous year but approach the reflection of your previous year's goals without judgement and with self-compassion. What could you have done differently and does that impact your intention for the new year?

Neuroscience research shows that achieving goals works best if they are small, specific, detailed and not too many. Neuroscience says!





Let's set some goals

Mini detailed goals that you commit to in writing and verbalise to others are the way to go.

Accountability matters, no use saying in your head this is my goal.... *again, neuroscience says*, to affect proper behavioural change you should share your specific goals with others to assist in reaching them.

Now is a great time to take the opportunity to sit down, grab a pen and paper, or digital notes app and start making your goals.

1. Set your first goal, be very specific. E.g. “By June 2024 I am going to complete 2 additional exercise classes a week”.

2. Look at what the obstacles might be to achieving this goal. Waking up or motivation to go. “I have to set my alarm earlier so I make it to the studio on time” or “I will ask my partner/friend/sibling to go with me for a few sessions until I can build the habit on my own” or “I am going to organise with my workplace to take a lunch exercise time twice a week”.

3. Now build a schedule that you will realistically follow until your goal date. Fit it into your calendar and work your other things around your goal. This includes making sure you schedule when you are going to put in place work arounds to your possible obstacles. “By Friday next week I will have booked in the additional classes, “By Friday next week I will have spoken to my boss about lunch time exercise times”.

4. Share your goal with your friends and/or work colleagues, especially those that you know will support and motivate you. Positive energy helps.

5. Check in dates – add into your schedule, dates to check in on your progress towards your goal. Revisit new ways to alleviate obstacles if needed.

6. Celebrate achieving your goal.



The OPS Program

OPERATIONAL. PERSONAL. STRATEGIC.

Our leadership program is going from strength to strength.

We have already sold out 2 of our Feb 3-day intensive workshops and in addition to our 3-day intensive workshops and extended 4-month executive program, we are launching a great program for the Intelligence Community.

Get in touch with us for your program slot.

info@theopsprogram.com



Next few months

The team is kicking off the year with new leadership content and facilitation delivery.

In February, the team will be listening to the inspiring Adam Grant (renowned organisational psychologist and best-selling author) on his views on work culture, effective teams and a deeper understanding of leadership styles and professional ambitions.



Adam Grant



We are always learning and a few of the team are in the throws of professional study in the areas of mental health, aged care and coaching.

Provides us with a diversity of areas to draw on when supporting our clients

WIC(ked) Women

SUPPORTING YOUNG WOMEN WITH PAYTHWAYS INTO ICT

We are proud supporters of WIC – Women in IT, with our managing director Lynn part of the committee. WIC’s popular breakfasts kick off from the 21st of February, with the International Women’s Day lunch the 6th of March.

The WIC work experience connection program for 2024 is also open and ready to take expression of interest from hosts and students. [WIC WEx Connection Program](#)



The Learning Lounge



STAY INFORMED **MYS Blog**

Visit our MYS blog for insights and information on workplace practices, issues and reflections.

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