



## mycoffeelist

### how to start your challenge

We are great believers that the best ideas and innovations are sparked by sharing thoughts that have been mulling around in the back of your mind, with others.

Getting the environment right is usually the final catalyst for that ease of conversation, connectivity and creativity to happen. We therefore challenge you to develop your intuitive thoughts with others who you believe may help and inspire you to take action... by inviting them for coffee.

**Download our coffee list sheet and write down 5 names of people who you would absolutely love to have a coffee with.**

### top tips to help you on your way

**M**ake a list of 5 people who could help you make some important decisions towards your goals.

**Y**ou make the conscious effort to be brave and stretch yourself with who you ask.

**C**onsider why you are asking them in particular and why you have respect for them.

**O**rganise yourself so that you are prepared and arrive on time, not stressed.

**F**reely travel to wherever they are, don't let distance be a barrier.

**F**ully engage, their time will be important. (Switch off your phone!)

**E**njoy your time with them and ensure they do too!

**E**nsure you ask open questions to get open answers.

**L**isten and reflect carefully on what they say.

**I**f you get asked for your opinion, make sure you have one!

**S**how gratitude by asking what you can do for them in return.

**T**ell them what difference the time spent with you made.

*Lesley Calland.*

ACHIEVE MORE