FROM INTERNATIONAL PILOT
to AUTHOR, COACH & SPEAKER

GROWING FORWARD

with Charlotte Hillenbrand



When things are going well, it's tempting to just enjoy it and keep moving. 'No need to change a winning concept!' Yet, good times offer a unique opportunity to reflect, grow and prepare for the moments when life isn't so easy.

Crisis often brings growth, but there is no need to wait for a crisis. Where crisis forces change, stability gives you the room to choose it.

The energy and headspace that good times bring give you the perfect opportunity to explore what's working – and why.

When I lost my pilot career, I had been researching (and me-searching) strength and resilience. That me-search led me to some surprising discoveries. I remembered important interviews – for my first legal job and for a competitive pilot training program – where I had answered "I don't know", not in a defeated way but in an honest way, and to my surprise found that that was the perfect answer. "I don't know" is only a defeat if we see it as an ending. Used as a beginning, it sparks curiosity. It shows not only that you are willing to find solutions, but also how you go about it.

Another memory surfaced: a couple of months into that same pilot training I spoke up against the crude jargon that had become part of the group's culture.

My memory of it: my shaky voice, the tears I couldn't stop falling, the empty, exhausted feeling as I walked to my room after. The guys' reply the following day: apologies and thanks for putting a stop to behaviour they didn't enjoy themselves.

But because I didn't reflect on what I had overcome, the episode stayed with me as weakness.

In my me-search I came to call these things my strengths in disguise. While I had thought I was strong despite them, I now realised I was strong because of them. I wish I had known that sooner! This is the stuff that confidence is built from – if only you take the time to notice them and give yourself credit for them.

So, when things are going well I invite you to pause and dwell on it. Be curious! What thoughts, habits and decisions lay the groundwork? Document them. Turn them into your own "standard operating procedure". That way, when life gets hard again – and it will – you'll have a blueprint of your best to fall back on.

Charlotte
HILLENBRAND

Charlotte is available for coaching and keynote speaking. Email enquiries to; hello@charlotehillenbrand.com.au