

FINANCIAL POST

Careers

You don't have to be an Olympic athlete to own your career

Olympic athletes, like top performers in other disciplines, succeed on purpose, not by accident

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AP Photo/Charlie Riedel

The road to the Olympics is not easily travelled or earned. So when the world's elite athletes gather in Sochi for the 2014 Winter Games, television screens around the globe will showcase more than physical prowess. It will be a drama of human performance and excellence.

You'll witness what it takes to own the podium and reach a medal finish — success principles executed in the field of sports that can be integrated into your career. To win a gold medal and own the podium in your career, I've devised this acronym OWN:

One focus In my coaching practice I consistently observe how top achievers have a clear, singular focus they are guided by. Having a single goal that is the driver and motivation behind the various career choices, actions and behaviours you will face is key. Taking a singular approach ensures you focus your energy and capabilities effectively. Doing so means you are more likely to accomplish your goal and be successful.

Want it Understand what realizing your career aspiration will give you and what about that matters to you. I'm talking about getting it right down to your bones. Olympic athletes, like top performers in other disciplines, succeed on purpose, not by accident. A compelling sense and appetite of what you want to obtain in your career will help sustain you when you invariably encounter obstacles and setbacks.

No (as in, just say no) Ask yourself, "What am I willing to say no to so I can achieve what's really important?" Preparing for podium success in your career includes avoiding or managing distractions so you can stay on track. Consider what you can delete, defer or delegate. Making choices that support you in meeting your single career focus can increase your chances that you'll experience a medal finish.

Once you learn to OWN your career podium, you'll be on your way to tasting victory and rising to the peak of your profession.

— Crystal Campbell, PCC, is president of c2 coaching + consulting, a career and leadership coaching and consulting firm that sparks smart career shifts and sustainable leadership changes in professionals, executives and teams. She has more than 25 years of experience as a corporate executive with experience in leadership and communications coaching and consulting. Connect with her at crystal@c2coaching.ca

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