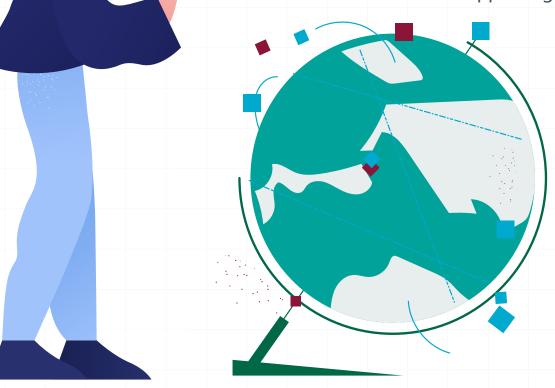


Supporting Workbook





"I always want to know more, to broaden my horizons and to keep growing and to keep learning."

- Paul-John Alegado, Clinical Educator

Getting the most out of this workbook

□ Print out this workbook to aid in your reflections
☐ Take a few minutes to watch the episode
\square Review the actions to take throughout the workbook
□ Reflect on the key phrases that stand out to you
☐ Think about how you can apply that to your team



"Moving to a different country or doing a different thing, it's always just to satisfy the curiosity and hope that I can improve myself and I could be better."

About this quote

Paul-John pushes himself out of his comfort zone in pursuit of his career development. His example of moving to China to live and study may seem like a huge uncomfortable leap, but the principle applies to anything that you may be curious about. Continually looking for opportunities to learn and to grow is helpful. People will notice. Those that manage you, your peers, and your team.

Think about your internal narrative when considering opportunities Do you think "I can't do that" or "let's give it a try"?
Add "opportunities to learn and grow" to the agenda for your 1:1s with your team
Reflect upon your own comfort zone. Where are the boundaries? Think about when you could next cross them

"I was able to put together the education side and the healthcare side and it was a great merge."

About this quote

This is all about combining passions. Paul-John wanted to be in healthcare, but he also had a passion for education. Over the years he has successfully combined the two. It has probably opened more doors for him than if he had stuck to one path.

What opportunities do you have to expand your horizons
by combining things that really interest you?
If you think it can't be done, talk it through with a peer or your manager
Saying it out loud can be the first step,
and then see where the energy takes you

"I do love a challenge: First you have to assess yourself."

About this quote

Paul-John is single minded and determined. He listened to the voices that discouraged him from applying for a promotion soon after he arrived at UHB, but he didn't let them stop him from pushing ahead. He did, however, make sure that he fully assessed his own capability by asking himself if he could do the job, if he was competent and if he had the correct experience. With yes as the answer to all three questions he knew it was worth trying.

Paul-John's approach is bold. It's one of our values
Don't listen to the doubters and trust your instinct
You know better than anyone what you're capable of
and that's probably more than you think.

"Look for mentors and coaches to help you through the process."

About this quote

Another bold element of Paul-John's story is his use of mentors and coaches. He seeks them out and takes an approach of what is the worst that can happen? They say no. Paul-John sought help from someone who he admired and respected. He'd clearly done his research before he made an approach. This meant he increased his chances of getting the help he needed.

☐ You don't have to be a senior manager to have a coach or a mentor
☐ Think about situations where the input of a mentor could be helpful for you
☐ Who will you approach?

"If you know that you're confident and you can do the job, you should try."

- Paul-John Alegado, Clinical Educator





Stepping Out of Your Comfort Zone

Storytelling | Notes & Reflections



Stepping Out of Your Comfort Zone

Storytelling | Notes & Reflections