

The Women Rise Up Road Map



Create your road map to success
on your terms



You are ambitious

But right now work feels hard. You are working hard, doing all the right things but you are getting no where.



You are acting to fit in

You want to be recognised, you want to be confident so you put on a mask. It's exhausting.



Self-doubt is holding you back

Your inner critic is loud, you worry that you aren't good enough or smart enough.



The Women Rise Up Road Map

1

Identify your current road map

2

Find your road blocks - what is holding you back

3

Create a new map

4

Step into who you want to become



Hi I'm Emily Petty

I had a road map that led to anxiety, frustration, disappointment, guilt and burn out.

I'm a fundraiser, leader, coach, trainer, facilitator, CEO, mother.

I am a creator of spaces

I'm passionate about working with women who want to find fulfilment and have an impact.



For too long in my career I believed that I had to work the hardest in order to succeed. I believed that I needed to act and be a certain way. This led to exhaustion and burn out.

It was only when I decided to change my beliefs about my career and success that things started to change. I started to discover my values and strengths to understand how to work in my energy, how to love work and life.

That is my desire for you.

This workbook and webinar won't solve your problems over night. But it will equip you to discover what is holding you back and map out a new way of being that will radically change how you show up every day.

This is not something to get through - the questions I ask will open up your mind to a new reflective space that will deepen your understanding of who you are and the impact you want to have in the world.

The results...

It will impact how you lead others. You will feel more confident.

It will impact your decision making. You will have more clarity.

It will impact your energy. You will spend less time working and more time doing the things you love.

It will impact how you think and feel about yourself.

Thoughts

What am I thinking?
What are the assumptions, beliefs and stories that are creating my current road map?

Feelings

What am I feeling?
Can I label my emotions?
Am I giving them space?
What are they saying?

Actions

What am I doing?
Habits, routines and rituals that help create my road map.



1

Identify your current road map

What are the assumptions that you believe that dictate your route?



Our past experiences reinforce our road map.
How we have felt.
What we have done.



What people have said.
What society says.
Projected expectations, norms and rules.

"Emotional agility allows us to move away from patterns that no longer serve us towards new spaces for growth."

Susan David

What does success look like for you?

01. Where does your definition of success come from?

02. What are you assuming when you have created your road map to success?

Think of a time when you were successful.

01. What were you thinking?
02. What were you feeling?
03. Where did you attach meaning?
04. What steps did you take?

Think of a time when you failed.

01. What were you thinking?
02. What were you feeling?
03. Where did you attach meaning?
04. What steps did you take?



Reflect on your road map

What impact is your current road map having?

If you continue to take action based on your current road map where will it lead you to?

2

Find your road blocks

When you look at your current road map. What is the impact on you? What are the key blockers that are stopping you from creating a new map?



Thoughts

What am I thinking?
 What are the assumptions, beliefs and stories that are creating my current road map,

Feelings

What am I feeling?
 Can I label my emotions?
 Am I giving them space?
 What are they saying?

Actions

What am I doing?
 Habits, routines and rituals that help create my road map.

What impact is your current road map having?

01. What am I most assuming? What is my biggest road block that forms persistent thought patterns?
02. How does it make you feel? How are you responding to those feelings? What are they sign posting to?
03. What are the repeated habits and behaviours that are not serving you?



Action Notice

Be kind to yourself, when you notice the road blocks the most powerful think we can do is be present.

When you understand how the road block has appeared or why it is there you can more powerful identify your next move.





3

Create a new road map

Find your truth about what success, fulfilment and growth means for you.

Let's define success on your terms

What does success really look like for you?
Not what other people expect.
Not what you've been told success looks like.
Knowing the impact of your current road map what does success really look like for you?



Write our your definition of success.

01. Look back at your biggest road blocks.

What are you most assuming?

02. Is it true when you look at your new map?

03. If you know it is not true what is your new and liberating assumption.



Action

What first step?

Knowing your new definition of success.
Knowing your new liberating assumption.
What would your first step be?



Thoughts

What new liberating thought can you use as your mantra?

Feelings

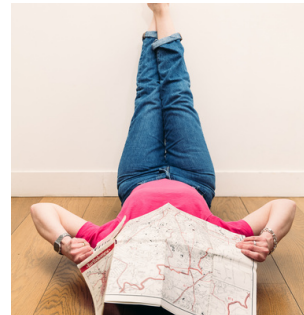
What will it feel like to step into your version of success?

Actions

What actions can you take each day that draw you closer to your definition of success?



Identified your current road map



Found your road blocks



Created a new road map



Step into who you want to become



**Your chance to
step into who
you want to
become.**

**Your chance to grow in your life, leadership and
career.**

www.emilypettytraining.com/elevate

Community

When you have space to be heard,
to know you are not alone, to walk
alongside others the journey
becomes effortless.

To be witnessed.
To be heard.
To have space.

Accountability

To decide to take action and know
that you have a group of women
who have your back, cheerleading,
challenging, supporting.

The details

- 6 months group coaching 26 June to December.
- Weekly support and accountability
- 8 online modules
- 60 minute 1-2-1 Coaching session
- Leadership, life, career growth
- Bonus access to Leadership Reset





**Sign up today for
~~£888~~ £690 or £120
a month**

Early bird rate - ends on 16th June at 5pm

Price goes up to £888

Registration deadline 23 June

www.emilypettytraining.com/elevate

Something FREE

Listening Circle

- Not sure what to expect.
- Not ready to commit.
- Want to take action now!

Monday 5th June - 60 minutes

10am

12.30pm

4pm

A safe supportive listening space

Let's stay connected:

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Write your new road map
Join Elevate
Listening Circle
Book a discovery call

