



# Nancy Maher

Kinkajou Director



kinkajou  
VIBRANT PEOPLE



nancym@kinkajouconsulting.com



<https://www.kinkajouconsulting.com/>

## #IamRemarkable Exercises

Follow us on [Eventbrite](#) to receive notifications of the next workshop

### 01 Remarkable Wednesday

Get a group of friends/colleagues to share an achievement out loud every Wednesday, or maybe connect with the new people you met in the workshop to try this out with. Get comfortable with sharing accomplishments so they roll off the tongue as a way to develop your confidence further.

### 02 Practise & perfect

Because practice makes perfect. Review your statements and edit them so that they are as powerful as possible: really reflect on your language choices as well as the actual statement itself. Practice phrasing and expressing 2-3 accomplishments with friends/work colleagues/your manager. Or if you limited yourself in terms of what you wrote or shared, add these statements to your statement bank.

### 03 Track your achievements

Keep a log of your accomplishments so you have it ready when needed. Asking yourself the questions below may help reveal more accomplishments (that can be included on LinkedIn or anywhere relevant for your context). Here is a [great tracker](#) you can use.

#### “Have I ever.....?”

- Beat the odds?
- Gained expertise in something challenging?
- Caught a big mistake?
- Demonstrated outstanding skills (leadership, music, parenting, etc)?
- Created something, maybe a piece of art or a design or a product?
- Designed a new process?
- Coached, mentored, or advised someone? And what happened as a result?
- Brought visibility to something? And what was the result?
- Been awarded for something? And why?
- Prevented an error from happening?
- Invented or improved something?
- Achieved more with fewer resources or money?

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- Trained others on something?

## 04 Act & review

Once you have built your courage and self promotion muscle, share accomplishments in a professional or personal situation, review and improve. Depending on your expertise this could be displaying your art in a gallery or speaking at a conference. Think about something that gives you more visibility in the areas that you are passionate about.

Posting on LinkedIn can be a great way to showcase your expertise. Not sure what to write about? How about your reaction to an article/podcast you've listened to related to your industry or unpick a favourite quote or share a productivity hack. If you need inspiration - then [check out this list of ideas](#).

## 05 Set a stretch goal

Last, but by no means least, set yourself a target that will enable you to make progress. Use your self-promotion skills to achieve a career goal you set for yourself. Maybe...

- Create a virtual event on Eventbrite on a subject you are passionate about.
- Contribute to a newsletter and then repurpose that content as a LinkedIn post.
- Volunteer to put together a workshop / panel / presentation for an industry conference. Google your industry / interest + virtual conference and see what you find.

If you fancy exploring ideas on your goal or are interested in chatting to me about running this workshop for your organisation then reach out to Nancy for a [free 45 minute chat](#).

♥ *from Nancy @ Kinkajou*

<https://www.linkedin.com/in/nancymaher/>