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Thank you for subscribing and reading the free stuff.

For an electrifying dive into what drives you get in touch.

We will infuse passion and purpose so get ready to unleash your full potential.

Hi, I'm Jonathan, a business owner, entrepreneur and former global counter terrorism Scotland Yard detective on a mission to help you get from where you are to where you want to be.

I have put some free stuff together for you. It's packed with information designed to help, or just spark some thoughts for you to research further.

If it's great let me [know](#), if it's not also please let me [know](#).

To note, it's not supposed to be a comprehensive dissertation just designed to provoke thinking.

Contents

What do we have in here:

- The coaching program
- Who are you?
- DISC and what is it
- Health
- Education
- LinkedIn
- Job vacancy thoughts
- CV tips
- Interview tips

- Will
- Financial advice

I have put the headings in order of priority but please note, this is as I see it. You may feel different and that's great.

Coaching program

I will take you from stress to success. From where you are to where you want to be.

An energising program tackling your fears, procrastinating behaviour and your limiting beliefs. I will help you find your true values, and your strategic and smart goals and together we will achieve and celebrate them.

Who are you

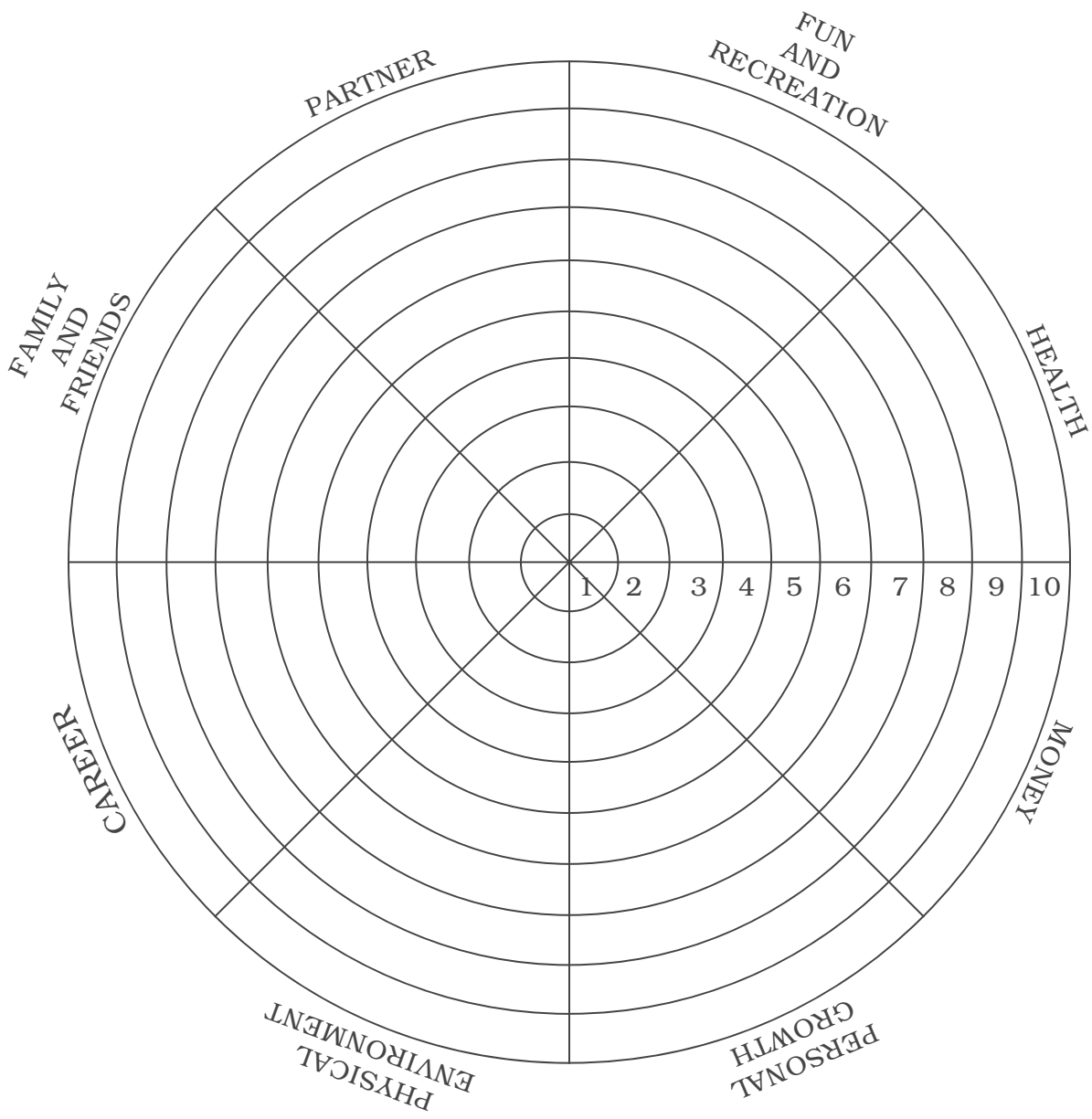
I have included the wheel of life for you here.

How to use it.

Check the title of each section applies to you, if not change it but to positive life reflecting sections.

Score yourself in each section, out of 10 with 10 being the highest and nearest the outer ring.

See how round your wheel is, or not. if you need help getting your wheel straight get in touch.



DISC - the personality assessment tool.

DiSC® is a personal assessment tool used by more than one million people every year to help improve teamwork, communication, and productivity in the workplace.

You get to know who you are, and how to interact with others to build a better culture, better relationships .

You get an extensive report specific to you. You understand you, you get strategies for building more effective relationships, with easy to understand visuals that is not designed to pigeon hole you but rather help you understand and adapt.

But what does DISC stand for:

DiSC is an acronym that stands for the four main personality profiles: (D)ominance, (i)nfluence, (S)teadiness and (C)onscientiousness.

D personalities. confident, who place an emphasis on the bottom line

I personalities, are open and place emphasis on relationships and influencing others

S personalities are dependable, cooperative and sincere

C personalities tend to emphasis quality, accuracy, expertise and competency.

Health

Without health we are nothing.

I promote regular health checks including blood checks at your Doctors, blood pressure checks and if you can get a DNA test done I highly recommend it.

If you sign up for coaching I will give you my 50% discount code to use against the premium DNA tests. The company do give me \$40 but you will get about £200 off the test.

My DNA test identified vitamins I needed more of, what exercise was best for me, and what I am more vulnerable too and it gives you advice on how to improve health. It is by no means a full proof method that you won't get sick just whether you have genetic mutations that mean you are more likely too. Check out the website Circle DNA and conduct full research to see if this works for you.

Education

Whatever you are considering leaving, have you the skills for the next?

Check out free courses local to you but also take a look at what skills you have already amassed that are transferable. The skills you have acquired don't end when the current job does.

If you're struggling get in touch.

Linkedin

This is the world's biggest and best social networking tool. Use it as a tool to build networks and to do that you must get some basics right.

A good profile picture. The pictures of you on holiday or wearing a ridiculous hat might not fit with your brand. If they do, great but be aware that's what recruiters will see.

A good banner picture. Add one. Use canva to make the banner.

Get a headline not just a description. Keep this punchy and precise. I had a long list of who I was and what I thought I was. The result, a clumsy mess that made no sense. Avoid writing you are a retired this or an ex that. Who are you? and if you struggle working out your new identity then I can help.

Make sure your "about" page is smart. This is your place to write a story about you. Keep it good, catchy and interesting avoiding acronyms that were only understood by your previous organisation

Make sure your background is complete. the cv section, fill it in with dates, job titles and your successes. Again boring stuff with acronyms are not relevant

List your relevant skills. What are you good at?

Pay for linked in premium. You get more exposure, and it's easier to network. Of course the algorithm will probably favour those who pay for the service and in a pool of 1 billion people across 200 countries you want to be popping up often.

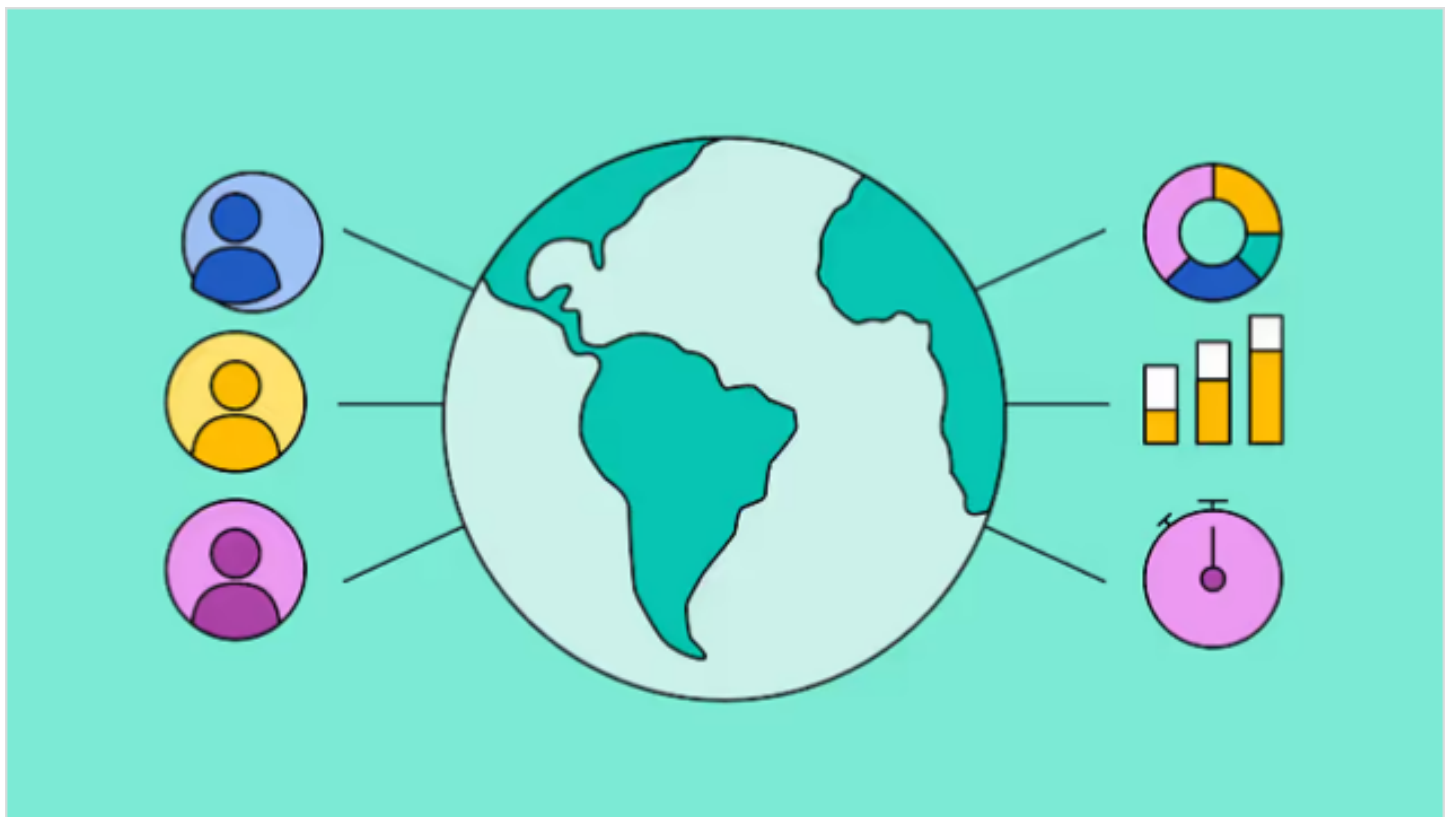
And post, engage, spark conversations. Remember you don't have all the right answers just an opinion to share, and your opinion is valid. Tips on posting, start with a hook to capture attention, then rehook then give the detail.

Feel free to use all social media depending on what you are looking for but remember to check out the most up to date stats for user groups, if you want to engage people from certain age groups then look at the social media they are using:

Below is a breakdown of social media usage by age range:

- 18-29 years – Snapchat (41%), TikTok (35%), Instagram (32%)
- 30-39 years – LinkedIn (34%), X/Twitter (34%), Snapchat (33%), Instagram (32%)
- 40-49 years – LinkedIn (25%), Facebook (22%), X/Twitter (21%)
- 50-59 years – Facebook (29%), LinkedIn (24%), Pinterest (24%)

source:



Job vacancies

Places to look.

Just doing an internet search will give you a diverse selection of recruiters, so will LinkedIn and if you subscribe to premium you can search for recruiters in a sector you're interested in.

Maybe you want to be an entrepreneur. You have an idea and want to try it out. Get the research right, pitch it.

I like to pitch in this way: the problem it solves, the solution, and then some statistics to prove your idea works.

for example:

27% of people want to leave their careers but don't know what to do. I offer an energising 3 month journey which takes them, from stress to success. And it works I have helped many people do just that and they haven't looked back.

This method keeps everything simple and easy to follow.

Remember being an entrepreneur is a verb, you have to do the work.

CV tips

Chat GPT is your friend here. If you are not sure what it is just search online. Download the app and have a play. You can ask the AI to help you craft a CV that fits the role you are applying for. Be specific with what you ask:

Write me a professional CV using these words, copy your words in there and it will instantly provide you with a rephrased version.

You can use Chat GPT and others, you can ignore it, or you can take some parts of it. Entirely up to you but it might save you time and hours flicking through an online thesaurus for the appropriate words.

Be results focussed and write a CV according to the job you are going for.

If you need a cover letter. Here is your opportunity to add more detail about you relevant to the job you are applying for.

Interview tips

Questions, and preparation.

Dress up to dress down. Be appropriately dressed for the job you are applying for. Smarter is always better, just remember this is your first impression with your new manager and they want to see and feel they can work with you and can trust you.

Questions to think about:

Only you know the answers to some of these, and im not saying these will come up but just gets you thinking about a diverse set of answers and better to think ahead rather than be caught out on the day. It maybe your answers to these can be used as answers to other questions, get agile, know you and know your CV.

Why you?

Why did you leave your last role?

Tell me about a time when you have overcome an obstacle?

Tell me how you have galvanised a team and delivered?

Tell me how you have stood up for poor behaviour to create an inclusive culture.

Tell me how you prioritise the company long term vision with short term goals

Describe how you have dealt with a crisis

How do you sister a positive company culture

How do you approach decision making in stressful situations

Describe a project that you led and the stakeholders you engaged with

What are your most important qualiities

How do you balance work and private life

How do you align with our company values

Will / power of attorney - finance and health.

Write a will. You think you don't need one but it's worth having and periodically updating when your circumstances change.

There are cheap and free ones that are available for you to use.

Powers of attorney sounds serious, and they are as it gives others the ability to make decisions for you should you not be in a position to.

Yes, we are not invincible so we need to have something in place.

Again you can do the form yourself or pay a solicitor.

None of this should be taken as legal advice so please seek out a legal professional.

Financial advice

Get advice.

They will chat through your current status, and help you achieve your goals. With all advice there is risk and you get what you pay for.

None of this should be taken as financial advice so seek out a professional certified financial advisor. If you need one I can recommend one just email me info@jonathanmearns.com

Accountant/ book keeper.

Important to have if you are setting your self up as a business. My view is this is such a skilled area that requires professional support so speak to one. You may feel like you're asking basic questions, so what, you have to start somewhere and better to ask than guess.

They will manage all your paperwork and submit your tax returns for you, plus advise on what you need to pay and how profitable your business is.

Again I don't provide direct advice as I am not qualified but I can recommend an accountant and book keeper for you just email me info@jonathanmearns.com

and lastly a thank you for reading and I look forward to seeing you on your free no obligation discovery call.

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