

**BUILD ON YOUR STRENGTHS**

and manage the consequences of your weaknesses.

**KNOW YOUR VALUE**

If you don't know what value you add, be pretty sure that no-one else does either.

**BUILD YOUR PEER NETWORK**

Understand who your peers are and how you can help each other to grow and improve.

**DELIVER**

If you say you're going to do something, do it, or be sure that someone else is doing it for you.

**BE A ROLE MODEL**

We all have a duty to act as role models to our colleagues.

**RAISE YOUR HEAD ABOVE THE PARAPET**

Find ways to be noticed.

**BE PROACTIVE**

"Don't ask for permission, ask for forgiveness".

**THINK ABOUT THE LONG-TERM**

If elements of your role don't inspire you right now, look for the upswing and consider their positive impact on your CV in the future.

**DON'T WAIT FOR THINGS TO COME TO YOU**

If you need something to help you succeed in your role, make it happen.

**NO SUBSTITUTE FOR EXPERIENCE**

If your role doesn't offer the opportunity to build on your experience, find other ways to manufacture those opportunities.

**IF YOU WANT SOMETHING**

Make sure you've got something to give in return.

**RESPECT YOUR COLLEAGUES**

You're all on the same side and you never know what's round the corner.

