



THREE PIECE LIFE
eCOACHING *with* TIM JOHNS

My personal narrative

In this exercise you'll be telling the story of your professional life in different ways, each of which is revealing in its own right. By creating a personal narrative, you can better understand who you really are.



We're asking you to write a personal narrative for different situations, from a brief summary to full blown elevator pitch. In each case, decide what matters most in the limited space you have.

As an example:

| Personal Narrative | |
|----------------------------------|---|
| <i>Two-liner</i> | <i>I'm an independent HR executive. I mainly advise small not-for-profit organisations</i> |
| <i>Cocktail Party</i> | <i>I'm an independent HR executive. I mainly advise small not-for-profit organisations, I spent over 20 years working in-house for big corporates and then two years ago I decided to do my own thing. And I love it. I can give advice without getting involved in all the internal politics. It's a perfect balance.</i> |
| <i>Professional Introduction</i> | <i>I'm an HR specialist and my last in house role was at Barclay's where I ran the senior level recruitment operation for EMEA. Two years ago I decided that there was a real opportunity to build an independent career for myself offering strategic advice and counsel to organisations, that didn't have the resources to bring top level HR expertise in-house.</i> |
| <i>Elevator Pitch</i> | <i>I'm an HR specialist and my last in-house role was at Barclay's where I ran the senior level recruitment operation for EMEA. Two years ago I decided that there was a real opportunity to build an independent career for myself offering strategic advice and counsel to organisations that didn't have the resources to bring top level HR expertise in house. And when I used to speak at HR recruitment conferences I noticed that many non-corporates were making the same mistakes. So I decided to focus on supporting not-for-profits. My model, which is based on low overheads, means that I can offer high quality HR advice and counsel at the sort of costs that NFPs can afford.</i> |

SWOT, values, purpose and what you do (2/2)

| Personal Narrative | |
|---------------------------|--|
| Two-liner | |
| Cocktail Party | |
| Professional Introduction | |
| Elevator Pitch | |