

HOW TO...

CLIMB THE CAREER LADDER

Business troubleshooter *John Whiteman* offers expert advice on how to get ahead, and stay ahead, in your business career

If you're aspiring and striving to achieve more in your business and personal life it is vital that you develop a plan for success. In the initial stages of someone's career, people are much more driven but are often lacking the skill awareness of the games other people play. We have 100 ways to get you to the top of the ladder, here are our top 10.

1 REMOVE BARRIERS If you reach a position where your seniors are blocking you from getting any further, why not change your job? It's often the best way to side step your competition.

2 KEEP MOVING FORWARD Always strive for a better title rather than extra money. This is a very clever way of eventually getting paid more with less confrontation.

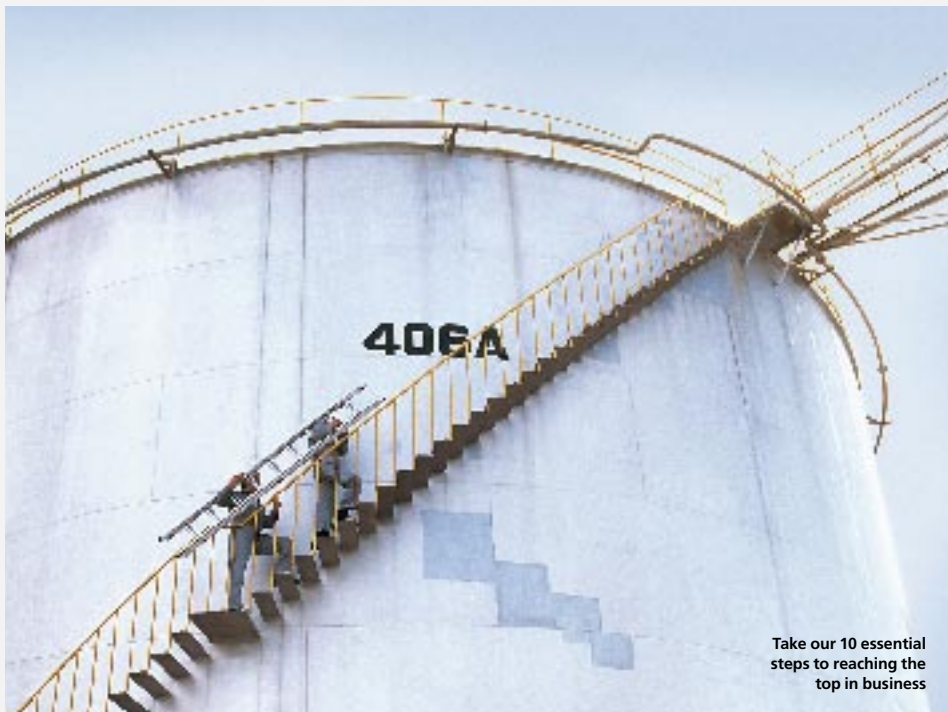
3 LEARN FROM OTHERS Mirror someone – it is easier to copy than to blaze the trail into new ground.

4 MAKE AN IMPACT Getting noticed in a positive way helps greatly. The best way of doing this is to imagine yourself as you would like to be seen.

5 COMMUNICATE People like to deal with people they have spoken to and have met face to face. If you're a good communicator you are often seen in a much better way, so network and practice those skills as much as you can.

6 REST Take quarterly breaks. Downtime reduces stress and allows you to focus on where you are, and where you want to go.

7 BE THE BEST To do this you should keep yourself under a certain amount of stress. Like going to a gym, it is important to work out your



Take our 10 essential steps to reaching the top in business

muscles regularly but if you over stress them then you will become injured. Strike a balance – enough stress to grow, but not too much to burn-out.

8 FOCUS It's a step by step process to get to the top. Focus on taking one step at a time and soon you'll be amazed by how far you have come.

9 WINNING IS EVERYTHING To achieve you need to win. Never give up.

10 NOW Think and act in the present moment at all times as it makes things appear clearer.



JOHN WHITEMAN runs River Management, www.rivermanagement.co.uk. He is a business guru who works with individuals and

companies, helping them to achieve more and reach their full potential.

With many years experience in business troubleshooting and crisis management, he has developed numerous methods to help people achieve their objectives personally and in business – as outlined in his forthcoming book *The Way*.

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