



# Don't discard your corporate career - : **#Upcycle it!**

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## INTRODUCTION

**UPCYCLE:** *Verb; to reuse (discarded objects or material) in such a way as to create a product of higher quality or value than the original.*

**Every year thousands of women discard a corporate career that no longer seems to fit their lifestyle. It's a decision that will cost them up to £300,000 over their working lives. It doesn't have to be like this. We're in an era where we upcycle other parts of our lives. So why not upcycle your corporate career?**

There's been an exponential rise in the popularity of upcycling. Virtually everybody's heard of it and many of us are doing it.

When we upcycle we take an item of clothing or furniture we may have once loved – or where we see the potential for creating something we will love. Where we were once tempted to discard our belongings as they aged, now we're consciously choosing to transform them into something better.

When we start an upcycling project we'll often draw on skills passed down to us by our mothers and grandmothers. Then we'll add a modern twist – perhaps an eco-conscious paint or an up to date restyle of a jacket.

And voila! We're left with an item that reflects our style. One that we can re-love.

I began thinking about applying those same principles to our careers.

When we transition to parenthood too many of us discard the careers that we've been working so hard to build.

Sometimes we're seduced into thinking that something new will suit us better. We believe becoming a mumpreneur is our best choice.

And sometimes we simply feel we have no choice. Intransigent corporate cultures refuse to adjust to the new shape our lives have taken. We cut our cloth according to our circumstances. So we take a step back onto the "mommy track" or decide to take a break until our offspring are ready for school.

These are costly decisions; and in many cases our earnings potential will never recover.

*What if I told you there was a better way?*

As an organisational psychologist and work-life balance expert I know it's possible. Based on my expertise I've developed a practical six step process you can follow to get you there.

Think of it as three projects that will enable you to upcycle your work-life balance, your working schedule and your leadership skills.

As with any upcycling project we'll strip out what's no longer working; we'll reshape our pared down structure; and we'll learn more about our current skills and resources. So we're clear on where we need to focus in order to create a life that makes us smile.

Before you discard your corporate career join me in the pages of this book. You'll discover how much potential you have to upcycle your life. And the positive impact that will make on your wellbeing and your finances will delight you.

Anna Meller  
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## Join the conversation

The draft of the first chapter is now finished and I'd love to get your thoughts and reactions to it.

## Interested?

[Sign up here](#) to download chapter one and to get updates on how my writing is progressing.

*I'm the Work ReBalance Mentor. With twenty five years' experience supporting individuals and organisations to better work-life balance I'm the UK's premier expert.*

*I work with ambitious professional women who want to balance their corporate career with their family life. Through my Balanced Leader training, coaching and mentoring you'll feel empowered to make choices that work for you and your employer – so that you keep your career and your employer keeps key talent.*

To learn more about me go to: [http://www.sustainableworking.co.uk/about\\_anna.htm](http://www.sustainableworking.co.uk/about_anna.htm)

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