

Rekindled interest & renewed confidence extends contribution

Sue Rhynd



Sue Rhynd has a business management and accounting background, and her family runs a dairy farm and a beef operation in central Northland. She always had a nagging feeling that she should be doing something else but wasn't sure just what that was.

"First Steps really changed the way I operate internally – but not as I expected. It made me realise what is most important for now - our farming business, our teenage daughters, daily life and my roles in the Rural Support Trust and Vet Club. It's like I have new lenses."

"Doing First Steps was very spur of the moment for me – I've done a few of these sorts of programmes before and was quite surprised at how it affected me. While I expected to gain some direction, the course provided more than that.

It was only when I wrote my own bio and did the quite simple exercises on First Steps that I realised that everything I need is already here, it is important and I don't need any more. Somehow getting everything that I am already doing aligned, doing it more consciously and enjoying it is very powerful.

The programme gave me permission to step back from the day-to-day, sit there for two days and only think about myself and answer lots of questions. There was none of the practical things that fill up your mind at home, such as what paddock the cows are in."

Sue's rekindled interest in her existing roles and her renewed courage to deal with challenges has enabled her extend her contribution. "I didn't walk out of First Steps with a list of things to do – rather it's been incremental steps towards extending myself. I wouldn't be doing a presentation on and facilitating a strategic plan in one of my roles if it wasn't for First Steps and the coaching support I received."

Sue is also starting a women's business discussion group, has completed a two-day Institute of Directors course, and digital writing and photography courses at Auckland University.

"There's been no big change – I'm still me. The difference is more clarity around goals and being conscious of what I am doing and why."

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