

4 Things You Need To Do To **Thrive*** In The Food Industry

**not just survive*



Including 12 Tips on How To Actually Do It!

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1. Build Your Support Network

Connection with others is key to resilience in our industry. Knowing who you can lean on when the going gets tough can really help you to reach out and prevent you burning out.

My Top 3 Tips

Recognise who your allies are: Write a list of the people you can go to for support in various areas of your life. The people at work / in your personal life that will support you without judgement. Spend more time with them and less time with the energy drainers.

Build your network: Just as you've identified where your allies are, take notice of where they are missing. Do you need to build relationships with other departments / stakeholders to do your job better. Thinking about your longer term career, do you need to widen your network around (or outside) the industry?

Build trust: Be open and honest with the people in your circle of trust. Openness and vulnerability is a brave thing to do but it gets you the support you need. Yes, keep some boundaries in place about what you are happy to share but openness is a strength, not a weakness.





2. Work Out What You Want

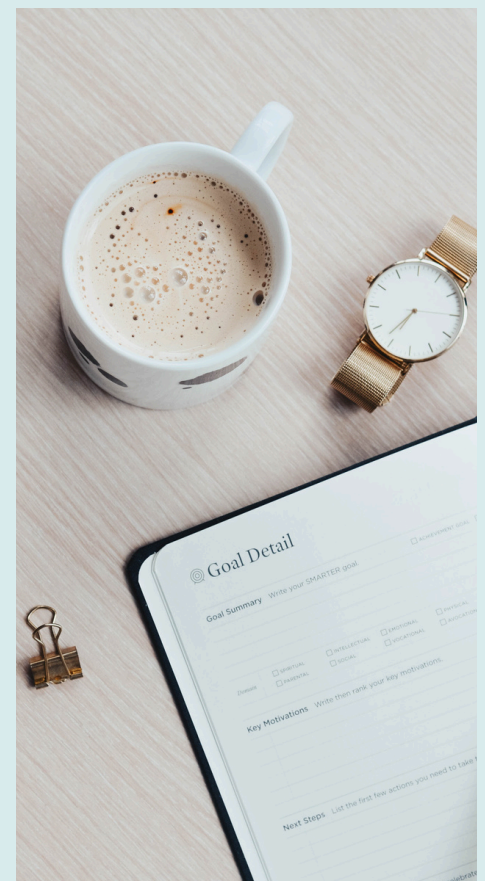
It's all too easy to just end up in a job role that you hadn't really planned to. Take time to work out what you want from your career and what your priorities are. Be willing to be flexible if it doesn't go quite to plan.

My Top 3 Tips

Work out what matters to you: Work out what your "Values" are - what is most important to you and what your non-negotiables are when it comes to work. It can be as straightforward as "I am vegan, I won't work in the dairy industry" or it can be a more complex view of your long term life goals. Coaching can help with this.

Know your strengths: Ask for 360 degree feedback, write a list of all of your achievements or use an online Strengths profiler. What are the common threads? How can you use your strengths to leverage your career? Shout about your strengths to your line manager and volunteer for projects that develop those strengths (or the things you'd like to improve).

What do you enjoy: It can be all too easy to get into a trap in your career of thinking because you are good at something, then that's what you should do. If you don't, then reassess and create a plan to delegate that work or move into something you do enjoy - life is too short to be miserable at work!





3. Look After Your Wellbeing

Moving your body and nourishing it in the right way is essential, particularly in times of high stress when your body may feel depleted. Working in a fast paced environment can lead to high stress, illness and burnout. Its important to prioritise your needs.

My Top 3 Tips

Eat well: Sounds simple but when you are busy running around, sampling etc, it can be easy to neglect your nutrition. Plan your meals in advance and batch cook / pre make food for the days you know will be super busy, it stops you grabbing something not so good for you.

Move your body: Incorporate exercise into your every day – a lunchtime stroll can do wonders both for your body and your mind. Make sure the exercise you're doing isn't causing more stress – if there is lots going on elsewhere that is physically and mentally draining you, be gentle on yourself - walking or yoga is fine!

“Check-in”: Schedule “check-in” time during your day / week to take note of your mood, what is it trying to tell you? Finding yourself snapping at everyone? This probably means your needs are not being met. Work out what you need and ask for it / make it happen!





4. Find Balance

It's all too easy to make life just about work and no play. When life is all about putting others needs before your own, it can make you feel resentful and unbalanced.

Readdress that balance and have some fun. It will help with your performance at work as well, I promise!

My Top 3 Tips

Do something that's just for you: When all you do is work, care and give to others, it can make you feel unbalanced, resentful and burnt out. Do something for yourself – just for the joy of it. It will help you feel more balanced and like life isn't just about chores.

Find a hobby that interests you: Start (or re-start!) a hobby that interests you - cooking, writing a blog a new sport. It doesn't have to be time consuming but it does need to be fun. Forgotten how to have fun / what you love? What did you enjoy doing as a child - could you do something similar now?

Find ways to calm your body and mind: Breathing exercises, gentle stretching, mindfulness or whatever else works for you to help you calm your body and mind down. Being gentle with yourself is important in creating and maintaining balance.





About Amy

I hope you found these hints and tips useful.
Here is a bit more about who I am and what I do...

We help foodies like you find your voice, boost confidence, and handle whatever comes your way, so you can shine in your career.

Amy Wilkinson | Fearless Foodies

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