

# Career Progression & Personal Development in the Current Context

By Abbie Barker & Kelsey Rivett

**FLOWERBX**

# Hello!

## ABBIE BARKER

Hometown:  
Kent, UK



When I was younger I  
wanted to be a...  
Doctor

Professional background:  
Master's Degree in Chemistry at Durham. Started  
Finance career at Qubit Digital and qualified as an  
accountant in 2019.

## KELSEY RIVETT

Hometown:  
Montreal, Canada



When I was younger I wanted to be a...  
Fashion Magazine  
Editor

Professional background:  
Bachelor's Degree in Economics in Canada,  
followed by a Master's in Management in Milan.  
Started eCommerce career at The Level Group in  
Milan working on VivienneWestwood.com.



# Working at FLOWERBX

## ABBIE BARKER

How did I come to be at FLOWERBX?

Favourite flower: Carnival Peony



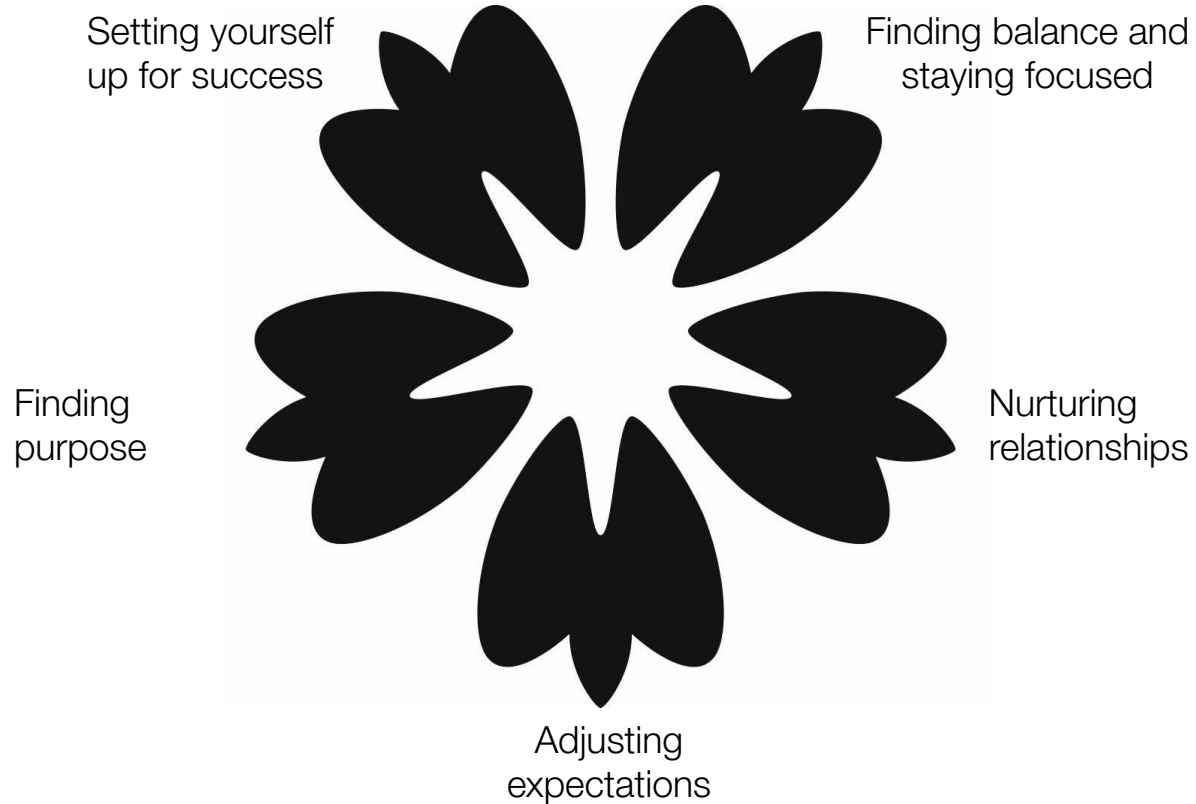
## KELSEY RIVETT

How did I come to be at FLOWERBX?

Favourite flower: Pink Sweet Avalanche Rose



# Our presentation



# Setting yourself up for success

What does success look like?

Education



Career



Health



Family



# Finding balance and staying focused

1. Define what balance means to you

Q: Which environments make you feel your best?

Q: Are you spending your time and energy as carefully as you do your money?

2. Create a home office work etiquette to enforce boundaries
3. Keep sight of your dreams - Offset the sudden changes and disappointment for what “could have been” by looking towards the future



# Nurturing relationships

## Professional level



Colleagues



Senior Management



Wider network

## Personal level



Friends



Family



South London Cares



# Adjusting expectations and thriving amidst uncertainty

1. Accept the situation for what it is, using this “forced adaptation” as a springboard for positive, lasting change
2. Adjust your expectations by limiting negative thoughts and unfair standards for yourself that may be harmful to your well-being

*Just. Let. Go.*

3. Be as kind, patient and understanding with yourself as you are with other people





# Finding your purpose

*“Your true worth is determined by how much you **give** in value than you take in payment.”*

Christian Reeve



The importance of aligning our values with our habits:  
The Black Lives Matter movement and supporting businesses committed to positive change.



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