

# March Focus: Spring, a Time to Declutter, Reset, and Embrace New Opportunities

## **Welcome to Spring**

I'm pleased to share that since launching the first issue, my subscribers have grown! For those of you who are new to the newsletter, here's a quick recap of why I named it **Elevate Your Excellence**.

Over the years, I have coached and mentored creative professionals and women stepping into leadership or starting their own businesses. Time and again, I have seen something consistent: these women are capable, talented, and already carry nuggets of excellence. They're ready to rise, into a senior leadership role, into entrepreneurship, or into a bold new chapter, but often feel stuck or unsure of the next step.

I know that excellence already exists within you. Through this newsletter and my work, my goal is to help you elevate it — to bring it fully to the surface so you can achieve the goals, growth, and influence you desire. *Elevate Your Excellence* is about unlocking what's already within you and turning it into tangible, visible success.



Spring is one of my favourite seasons. Mornings are lighter, and there's a sense of optimism in the air. It's a perfect time to declutter both personally and professionally. From the dress at the back of the wardrobe, you've been holding onto to, to initiatives, products, or networks that no longer provide value, it's time to let go of what no longer serves you to create space

to reset for new opportunities before entering the second quarter with renewed purpose and energy.

Above is a photo of the colourful blooms from my front garden—a pastime I have increasingly enjoyed. Gardening allows me to get my hands dirty, slow down, and reconnect with the simple joys of life. I remember planting these bulbs back in October on a gloomy, cold day, knowing that through the long winter months, they would quietly grow and eventually burst into life and colour.

## **Spring Reset: My Top Tips to Declutter, Refresh and Reset**

### **Personal Declutter:**

- Go through your wardrobe: donate or discard what you haven't worn in the last year.
- Clear out drawers, shelves, and items including a digital declutter that are no longer useful.
- Let go of habits or commitments that drain your energy.

### **Professional Declutter:**

- Review current projects and initiatives: pause or stop what isn't creating value.
- Evaluate your networks: nurture meaningful connections, step back from those that no longer serve your growth.

- Reassess tools, subscriptions, or products—keep only what truly supports your goals.

### **Mind & Space Refresh:**

- Schedule quiet time for reflection, journaling and opportunities to 'drink from the good glass' (if you know, you know).
- Reorganise your workspace to inspire focus and creativity.
- Add a touch of nature or colour—plants, flowers, or sunlight—to lift your mood and energy.

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## **Entrepreneurship Starts in the Mind**



Dr Randal Pinkett

I recently had the privilege of interviewing Dr Randal Pinkett, an entrepreneur, academic and business leader whose career exemplifies the power of intellect, resilience and entrepreneurial thinking for an upcoming project.

Some of you may remember Dr Pinkett as the winner of Season 4 of USA version of The Apprentice, the reality business competition hosted by Donald Trump. Dr Pinkett's success on television was not accidental, it was built on an extraordinary academic foundation. A Rhodes Scholar, he holds five degrees, including:

- A Bachelor of Science in Electrical Engineering from Rutgers University
- A Master of Science in Computer Science from the University of Oxford

- A Master of Science in Electrical Engineering, an MBA, and a PhD from MIT

## **Entrepreneurial Leadership**

He is the founder, chairman and CEO of BCT Partners, a multimillion-dollar consulting firm that works with corporations, government agencies and non-profit organisations. The company focuses on data-driven solutions and advisory services across economic development, housing, healthcare, education, and community development. Under his leadership, BCT Partners has grown into a nationally recognised consulting firm, demonstrating that entrepreneurship can create both economic and social impact.

## **Author, Speaker and Advocate**

Beyond business, Dr Pinkett is also a respected author and speaker. His books, including *Campus CEO* and *No-Money-Down CEO*, encourage aspiring entrepreneurs to launch ventures with creativity, discipline, and strategic thinking rather than relying solely on financial resources.

## **A Philosophy of Entrepreneurship**

During our conversation, we explored topics such as Black scholarship at Oxford, scaling ventures, and the structures required to build sustainable businesses. One insight stood out clearly:

*Entrepreneurship is not simply what you do — it is how you think.*

For Dr Pinkett, entrepreneurship is fundamentally a mindset: the ability to see opportunities where others see problems, to apply knowledge creatively, and to build systems that generate lasting value.

Our conversation was a valuable, filled with insights and practical wisdom—true golden nuggets.

## **5 Tips Dr Pinkett Shared to Kickstart or Scale Your Creative Venture**

**Think Like an Entrepreneur** – Mindset first. Approach problems as opportunities, not obstacles.

**Start Small, Test Fast** – Launch mini projects to see what resonates before scaling.

**Build Win-Win Partnerships** – Collaborate with people and brands where both sides benefit.

**Structure Your Work** – Systems + routines = consistency and space to grow creatively.

**Invest in Your Skills** – Keep learning; the right knowledge often unlocks new opportunities.



## How a coach can help me... **Uncover The Real Reason I Haven't Been Promoted Yet**

Free LinkedIn Live Webinar  
**18TH MAR**  
12:30PM-1:30PM

Elevate your leadership journey with curated strategies from industry-leading executive coaches.



You've been working hard. You've hit your targets. You've gone above and beyond. And yet... someone else got the promotion. Again!

If this sounds familiar, you're not imagining things. CIPD research shows a fifth of ethnically diverse employees cite discrimination as a factor in stalled career progression – significantly higher than white British colleagues. And Creative Access found a third of those without developmental support receive no promotion in a year.

That's why I'm delighted to be part of this expert panel exploring "[How a coach can help you uncover the real reason you haven't been promoted yet.](#)"

Together, we'll have an honest conversation about what might truly be standing in your way – and what you can do about it. The expert panel will explore:

What's really in your way: The barriers you can see – and the ones you might not.

Getting visible to the right people: Making sure your work doesn't go unnoticed

Sponsors vs mentors – and why you need both: Understanding who can actually open doors for you.

Building your promotion plan: Concrete steps to position yourself for that next move.

Hosted by Jenny Garrett OBE, founder of Jenny Garrett Global and the Diverse Executive Coach Directory, this session brings together expert coaches to get honest about what's holding you back – and how coaching can help you move forward.

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## **Are you at the very start of your entrepreneurial journey or ready to bring your vision to life?**

I help creative and emerging entrepreneurs move from uncertainty to clarity – building a business model, attracting clients, and generating consistent income.

### **Ways to work with me**

#### **1:1 Coaching**

If you're looking for [personalised support](#), I'll help you build the confidence and clarity you need to finally get started.

Together, we'll uncover what's been holding you back and create a clear path forward.

## **Get Ready to Launch Six-Week Intensive Business start up Programme**

In just six weeks, I'll guide you through my [step-by-step framework](#), taking you from shaping your initial idea all the way to confidently launching your business. You'll walk away with not just a plan, but the skills and mindset to bring it to life.

## **Accountability Programme**

Sometimes what you really need is someone walking alongside you, keeping you on track. My [accountability programme](#) provides you with the structure and encouragement to keep moving forward. Choose from 3, 6, or 12 months of ongoing support — or use it as your year-long business anchor.

## **Clarity and Action Planning Session**

Not sure if you're ready to call it a "business" yet, but know you're craving change? In this focused session, we'll get to the heart of what you want, [explore your next steps](#), and design a practical action plan that feels achievable and exciting.

## **Before You Go**

If the newsletter resonated with you, I'd love you to:

- **Subscribe** to receive future issues
- **Share** this newsletter with friends, family, or professional networks who would benefit
- Stay connected [LinkedIn](#) | [Instagram](#)

*Keep Elevating Your Excellence*

*Warmly*   
*Pamela*