



Justine Katherine Askew

She / Her

I'm Committed To

Helping you fulfil your potential, in alignment with your true values.

What Holds Me Back

from Being at My Best

1. Overthinking
2. Perfectionist tendencies
3. Not being heard
4. Feeling rushed

I Work Best When

1. I have time and quiet space to reflect and consider (but not too much!!)
2. Conversations are rich, honest and collaborative
3. I can be myself

My Favorite Quote

"If you change the way you look at things, the things you look at change."

- Wayne Dyer

5 Words To Describe Me

Curious, sensitive, empathetic, compassionate, organised.

Do's And Don'ts

for Communicating with Me

1. Do be direct, with kindness
2. Do say what you really mean
3. Do be open to considering different perspectives
4. Don't be afraid to ask

My Ideal Day Involves

Deep conversations, a good book, sunshine, music and relaxing with my babies of the furry variety.

What Makes Me Smile

All of the above, plus tranquil environments, considerate people, experiencing the depth of authentic relationships.