

Lead the Shift Conversations

8 Lessons From *Dr Victoria Lister*



Work, Purpose &
Growth

Swipe!



You Don't Need *A Perfect Career Plan*



Lesson 01

"I've never planned a career moment in my life. I've always followed my nose."

Purpose isn't always found through perfect planning. Sometimes it emerges because you are willing to keep moving, stay curious, and say 'yes' to new opportunities.



Lead the Shift Conversations

Put Yourself Where *Opportunity Can Find You*



Lesson 01

"It's not purely accident. It's because I put myself out there."

The right opportunities rarely arrive in isolation. They often begin with conversations, visibility, genuine relationships, and the courage to show up.



Every Experience Has *Something To Teach You*



Lesson 03

"Pretty much every part of my career shapes who I am."

No career chapter is wasted. Skills gained in one season often become the advantage you rely on in the next.



Work Should Have Meaning



Lesson 04

"Work is love made visible."

Meaningful work isn't defined by status or salary. It's about contributing something valuable to other people and approaching every task with purpose.



Your Voice Matters



Lesson 05

"Speak up more. Don't be so compliant."

Finding your voice isn't just about speaking more. It's about creating environments where people feel safe enough to contribute, question, and grow.



Don't Give Your *Power Away To Technology*



Lesson 06

"I don't give my power away to AI."

Technology should strengthen your thinking, not replace it. The most valuable people will be those who continue to think critically, create authentically, and exercise good judgement.



Lead the Shift Conversations

Success Begins With *Looking After Yourself*



Lesson Of

“You have to master that domain of your life... because really, its the one life.”

Long-term success isn't built through burnout. Your health, energy, and wellbeing are part of your professional capability.



Do Difficult Things *For The Right Reasons*



Lesson 08

"You'd want to have a pretty good reason for doing it."

The hardest journeys require more than ambition or status. Lasting motivation comes from knowing why the work matters to you.



Continue the Conversation

These are just a few of the powerful insights shared by Dr Victoria Lister on the second episode of Lead the Shift Conversations.



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