



One theory used to represent the traditional definition of success in the corporate world is that success is made up of three elements - how we perform, how we are perceived by others (image), and how visible we are (exposure). As exposure is said to account for a significant proportion of success - this exercise considers how visible we are internally, externally and digitally.

### Internal Visibility

Volunteering for projects



Mentoring/sponsorship for yourself and/or others



Sharing learning/ contributing ideas



Extracurricular activities



### External Visibility

Industry events



Networking events



Leading panel discussions



Alumni forums



### Digital Visibility

LinkedIn articles



Podcasts



Webinars



Leadership forums



How do you rate yourself today in each category above? Use the circles to record a score of 1-10 (1- I need help with this, 10-sorted) Where are you strong currently?

What would a +1 score look like in any of the circles?

Record any actions following from this exercise. What do you want to achieve and by when?

Is this something you need further support with?  
Use [this link to my calendar](#) to book a 30 minute call to explore how coaching can help you here.