

Theory, Strategy  
and Practice

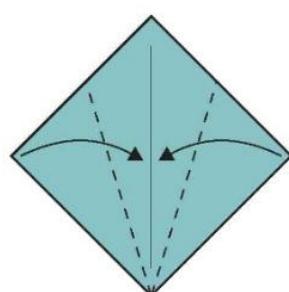
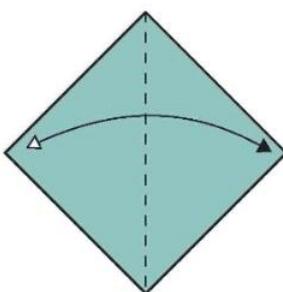
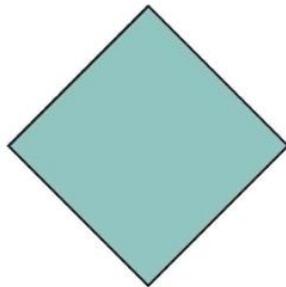
Carolyn Parry

# Supporting Achievers to Unlock Sustainable Career Success

## Activity: Making a Post-It-sized Origami Swan

Origami is a traditional Japanese paper-folding art, rooted in contemplative culture and influenced by ideas of simplicity, patience and presence. A gentle, embodied practice. It helps anchor attention, quieten overthinking and allow patterns of behaviour to surface without pressure or judgement. When used with achievers, origami offers a powerful reminder that small, repeated shifts can create meaningful change - without the need for perfection.

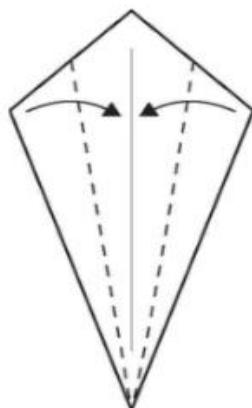
To test it out for yourself, when you're ready, create your own swan using the instructions below:



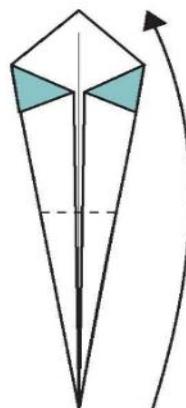
**1. Take a Post-It note  
(sticky side up) or any other  
square piece of paper.**

**2. Fold the paper in half  
diagonally to create a triangle.  
Then unfold.**

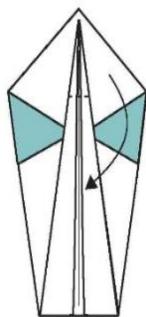
**3. Fold the sides into the  
centre crease to form  
a kite shape as above.**



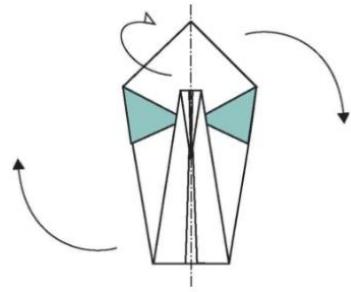
**4. Having turned the paper over,  
fold the 2 corners into**



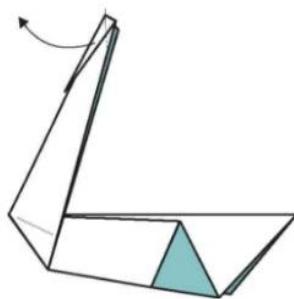
**5. Fold the kite in half,  
bringing the bottom of the tail**



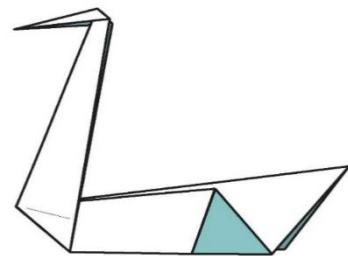
**6. Fold down the tip of the top layer to create the beak.  
Crease it so it stays in place.**



**7. Fold the entire shape in half along the centre crease.**



**8. Pull the neck and beak away from the body, pinching the fold to secure it.**



**9. Congratulations on creating your swan.**

When you have finished, note which Career Thief featured in “Supporting Achievers to Unlock Sustainable Career Success” resonates most with you and write its name or draw its symbol on one of the swan’s wings.

Then, once you have identified which of the Guardians you need to develop most to combat the thieves, again, write its name or draw its symbol on or under the swan’s other wing.

Doing so will transform the swan into a **physical anchor for change and intention**. Putting it where you can see it regularly means that your swan now serves as a visual reminder that growth does not require perfection to have value – it’s the progress that counts.

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A must-have resource that will equip career development professionals, coaches and HR specialists with the theory, tools and strategies to identify, coach and empower achievers:

<https://trotman.co.uk/products/supporting-achievers-to-unlock-sustainable-career-success>

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