

## Video transcript

## **Experiencing change**

Speaker: Dan

**[Text on screen]** Experiencing change Dan's story

**[Dan]** When our second child was born we decided that I would take four months out and just be number one parent. It was tough, it was a really interesting adjustment that I had to make. Completely different structure, completely different way of living Monday through Friday. It gave me a really good understanding of time management.

[Text on screen] London – New York – Buenos Aires – Hong Kong

[Dan] I learnt how to prioritise everything.

**[Text on screen]** Wake up – Lunch – Storytime – Bed

[Dan] And it makes you laser focused on what's important and what's not.

**[Text on screen]** What's important What's not

**[Dan]** I developed a lot of soft skills – empathy, negotiation. I mean negotiating with a threeyear-old, good luck, it's really tough. But what it did teach me is how to motivate to negotiate.

[Text on screen] How to motivate to negotiate

[Dan] And bringing all of that into play with grown adults has made me more effective.

[Text on screen] Has made me more effective

**[Dan]** All of these sort of things that make you a better human, a better rounded individual and therefore a better employee, a better worker. I'm more motivated than I have ever been and I'm a better leader.

**[Text on screen]** It was the best thing I've ever done in my life

[Dan] It was the best thing I've ever done in my life.

[Text on screen] My HSBC Career