

BOSTON COLLEGE WORLDWIDE WEBINARS



Stepping into Our Power in Uncertain Times

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SEPTEMBER 16, 2020

Agenda

- Current landscape
- Key Benefits
- Common Challenges
- 3-Step Framework
- Q&A
- Breakout Sessions

2020



Key Benefits

Key Benefits

- Greater sense of stability and control in a chaotic world
- Higher sense of purpose and meaning
- Ability to more fully utilize your strengths
- Faster career growth
- Increased overall health and wellness

Common Challenges

Common Challenges

- Limited self-reflection
- Reactive vs. proactive approach
- Lack of prioritization
- Dependency on others
- Attachment to others' expectations

3-Step Framework

Step 1: Clarity



Clarity

What do YOU want?

- Assess your options
- Limit influence of others' expectations

What are your values?

- What do you care most about?

Who do you want to be?

- Know how you want to show up
- Prioritize authenticity

Step 2: Confidence



Confidence

Own your strengths

- Strive for balanced self-awareness

Share your expertise

- Help others

Leverage your resources

- Don't try to do and know everything

Step 3: Connection



Connection

Consistently add value

- How does your network benefit from relationships with you?

Communicate your goals to others

- Who needs to know?

Ask for help

- Don't expect to get there on your own

Additional Resources

- [*Designing Your Life How to Build a Well-Lived, Joyful Life, Bill Burnett & Dave Evans*](#)
- [*Untamed, Glennon Doyle*](#)
- [*Take the Lead Motivate, Inspire, and Bring Out the Best in Yourself and Everyone Around You, Betsy Myers*](#)
- [*The Impostor Syndrome Challenge – 7 Days to Greater Confidence*](#)
- [*The Impostor Syndrome Files podcast*](#)

Questions?

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