Stepping into Our Power in Uncertain Times

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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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