

# Agenda



- Women in Leadership in 2024
- Early Career and Challenges
- Building a Supportive Network
- Leveraging Strengths and Advancing in Leadership
- Overcoming Gender Biases and Promoting Diversity

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#### **Early Career and Challenges**



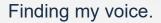
- Finding my place.
  - Identifying your strengths, values and interests within your job and company.
  - Allowing you to contribute meaningfully and feel a sense of purpose by aligning your work with your personal goals and the company's mission, often achieved by understanding your skills, leveraging them effectively, and building positive relationships with colleagues.
  - Self-reflection, understanding your company, developing your skills, building relationships, taking initiative.

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### **Early Career and Challenges**



- There's something to be said about altering our language a bit. Not because men criticize it, but more to remind ourselves and one another that we are worthy of existing and taking up space as much as anyone else.
- Phrases Women Should Stop Saying
- Skills to help you find your voice at work





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# **Early Career and Challenges**



- · Healthy and unhealthy boundaries.
- Realistic and Unrealistic Expectations.
- · Work Life Balance.



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# **Building a Supportive Network**



- Pushing yourself out of your comfort zone
- Find great mentors
- Shadow and learn
- Get Involved
- Book Clubs
- Organizations

I network with positive, like-minded women. We support and celebrate one another on our awesome paths to greatness!

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 Strengths-based leadership, rooted in positive psychology, posits that individuals perform at their best when they leverage their natural talents and abilities. Rather than focusing on fixing weaknesses, this approach emphasizes identifying, nurturing, and strategically applying each team member's unique strengths.



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### **Work in Progress**

- If you aren't changing it, you're choosing it
- · Lessons may repeat until you finally learn from them
- · You cannot shame yourself into action
- Ask for what you need; people can't read your mind
- A little discomfort is necessary for growth
- · If you want a different outcome, do something differently
- · You have to examine the role you play in your reality
- To Be Greater



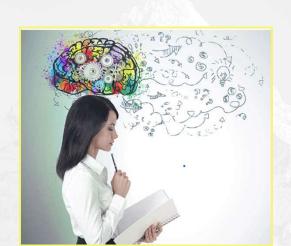
I am a work in progress

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#### **Podcasts**

- Womanica
- · Wild Ideas Worth Living
- What's Her Name
- Fixable
- · Dare to Lead
- Second Life
- · We Can Do Hard Things
- · The Art of Speaking Up
- Women at Work
- · HBR on Leadership





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