Grace & Grit
Leading a Life of Authenticity and Purpose
(without burning out!)

Wonder Woman

Great Leadership:
Authenticity
Courage
Vision

I long, as does
every human being,
to be at home wherever
I find myself.
~ Maya Angelou

Connection Exercise:

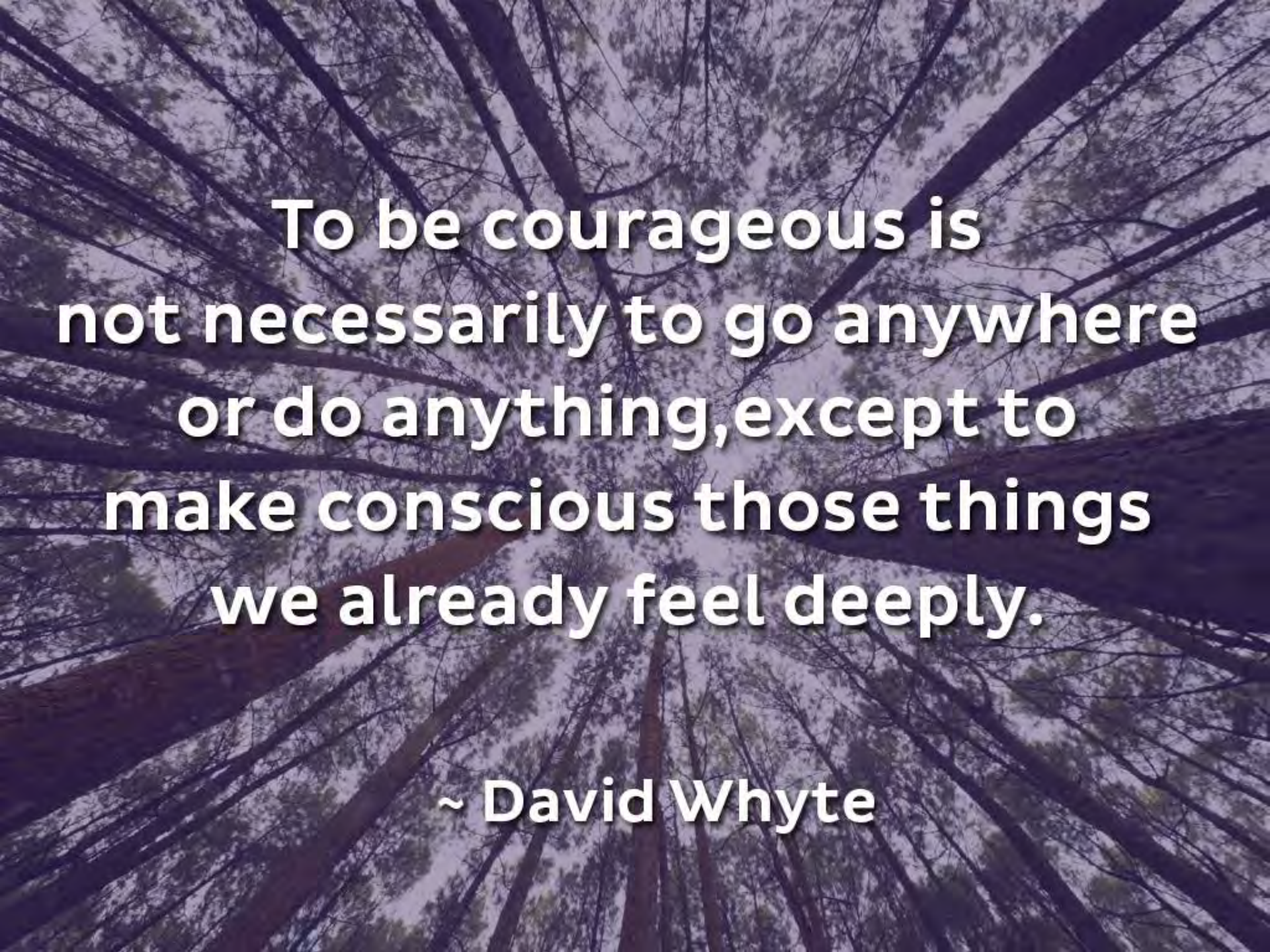
1) What is the interplay of Grace and Grit in your life?

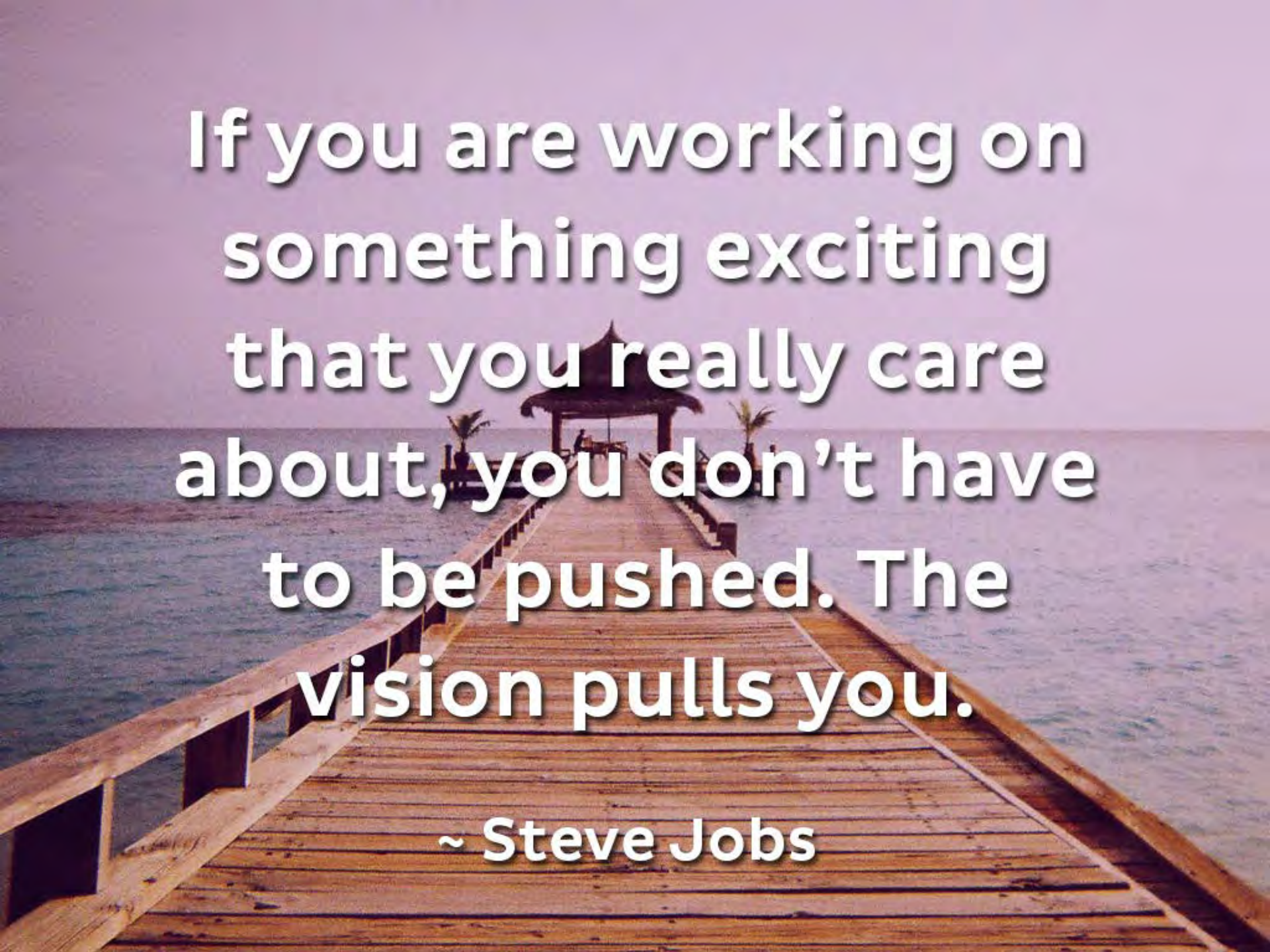
2) When are you the happiest?

3) Whom in your life do you admire greatly and why?

Being our best selves
is about cultivating
the courage to be
vulnerable, authentic
and imperfect.
~ Brené Brown

Courage
=
Coeur


To be courageous is
not necessarily to go anywhere
or do anything,except to
make conscious those things
we already feel deeply.
~ David Whyte


If you are working on something exciting that you really care about, you don't have to be pushed. The vision pulls you.
~ Steve Jobs

Harvard Business Review

The Top 16 Competencies Top Leaders Exemplify Most

	Male Mean Percentile	Female Mean Percentile	T value
Takes Initiative	48	56	-11.58
Practices Self-Development	48	55	-9.45
Displays High Integrity and Honesty	48	55	-9.28
Drives for Results	48	54	-8.84
Develops Others	48	54	-7.94
Inspires and Motivates Others	49	54	-7.53
Builds Relationships	49	54	-7.15
Collaboration and Teamwork	49	53	-6.14
Establishes Stretch Goals	49	53	-5.41
Champions Change	49	53	-4.48
Solves Problems and Analyzes Issues	50	52	-2.53
Communicates Powerfully and Prolifically	50	52	-2.47
Connects the Group to the Outside World	50	51	-0.78
Innovates	50	51	-0.76
Technical or Professional Expertise	50	51	-0.11
Develops Strategic Perspective	51	49	2.79

Source: Zenger Folkman Inc., 2011

6 Practices for
Leading an Authentic Life

Leading an Authentic Life

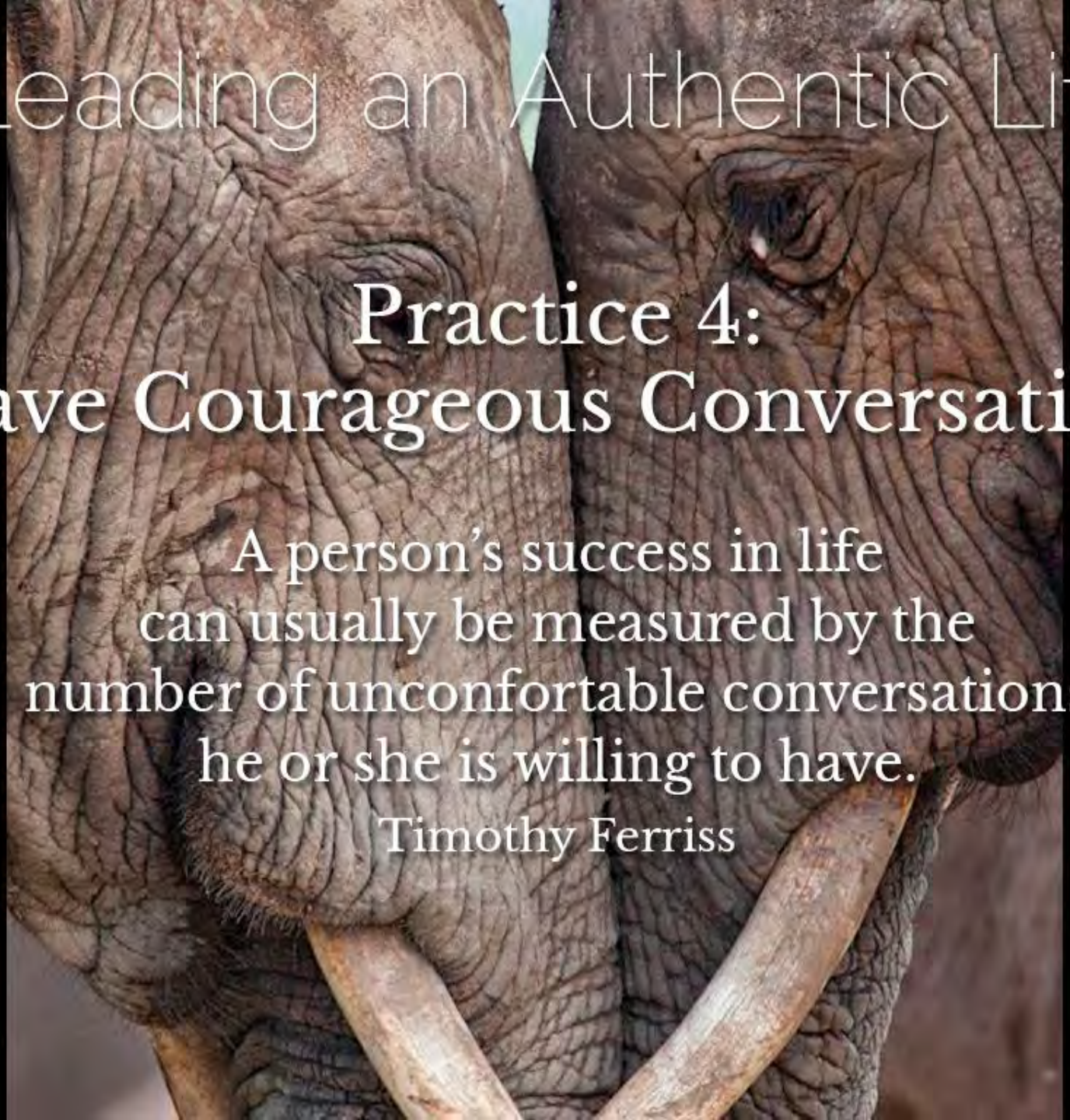
Practice 1:
A Daily Routine for Stillness, Contemplation and Reflection

Leading an Authentic Life
Practice 2:
Find a Supportive Women's Circle

Leading an Authentic Life
Practice 3:
Practice Self-Compassion

Self-Compassion

Research Results Show:
More Resilience
Increased Motivation
Sustainable Change
Happier
Less Anxiety and Depression



Leading an Authentic Life

Practice 4: Have Courageous Conversations

A person's success in life can usually be measured by the number of unconfortable conversations he or she is willing to have.

Timothy Ferriss

Leading an Authentic Life

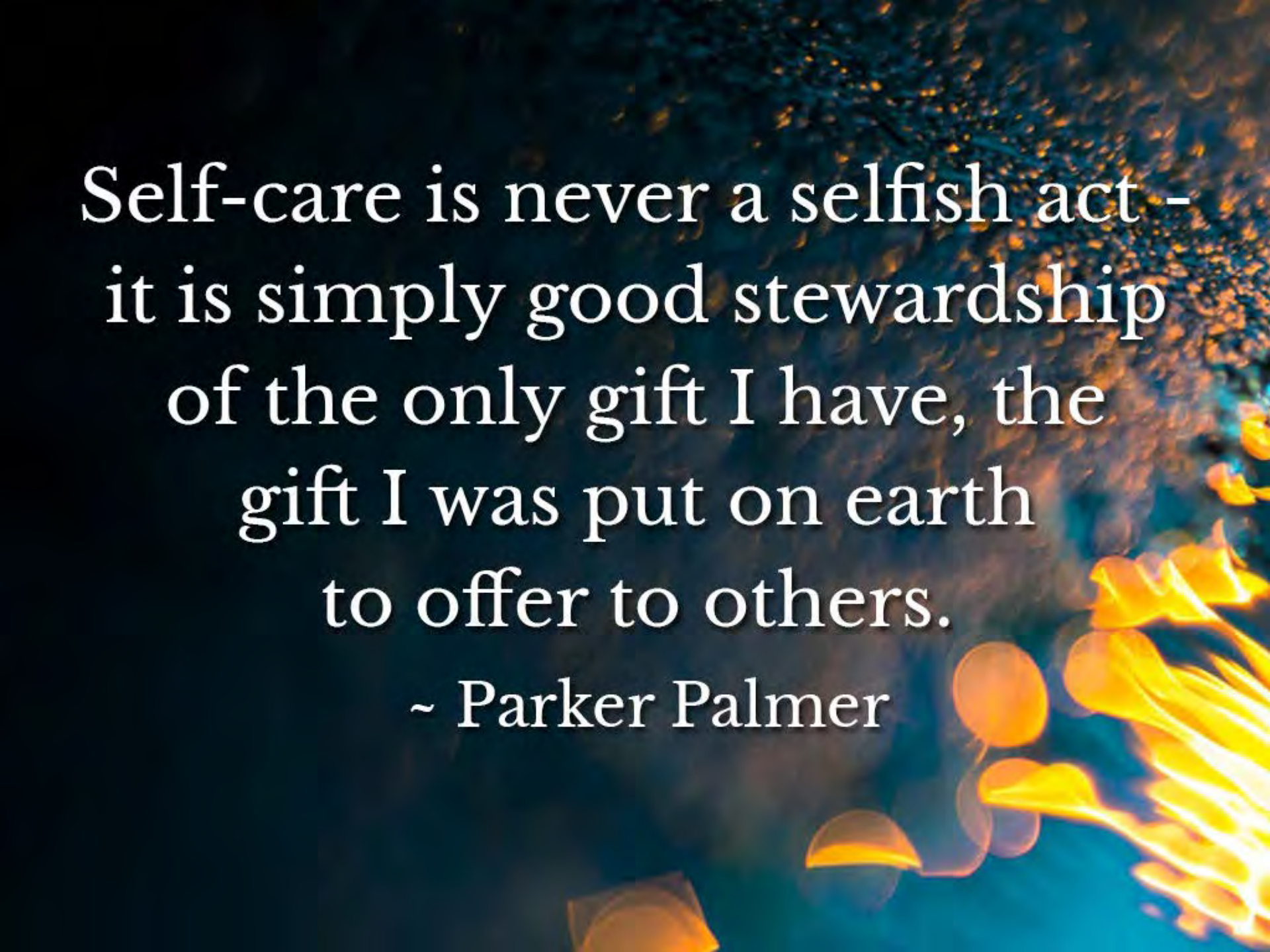
Practice 5:
Get Physical

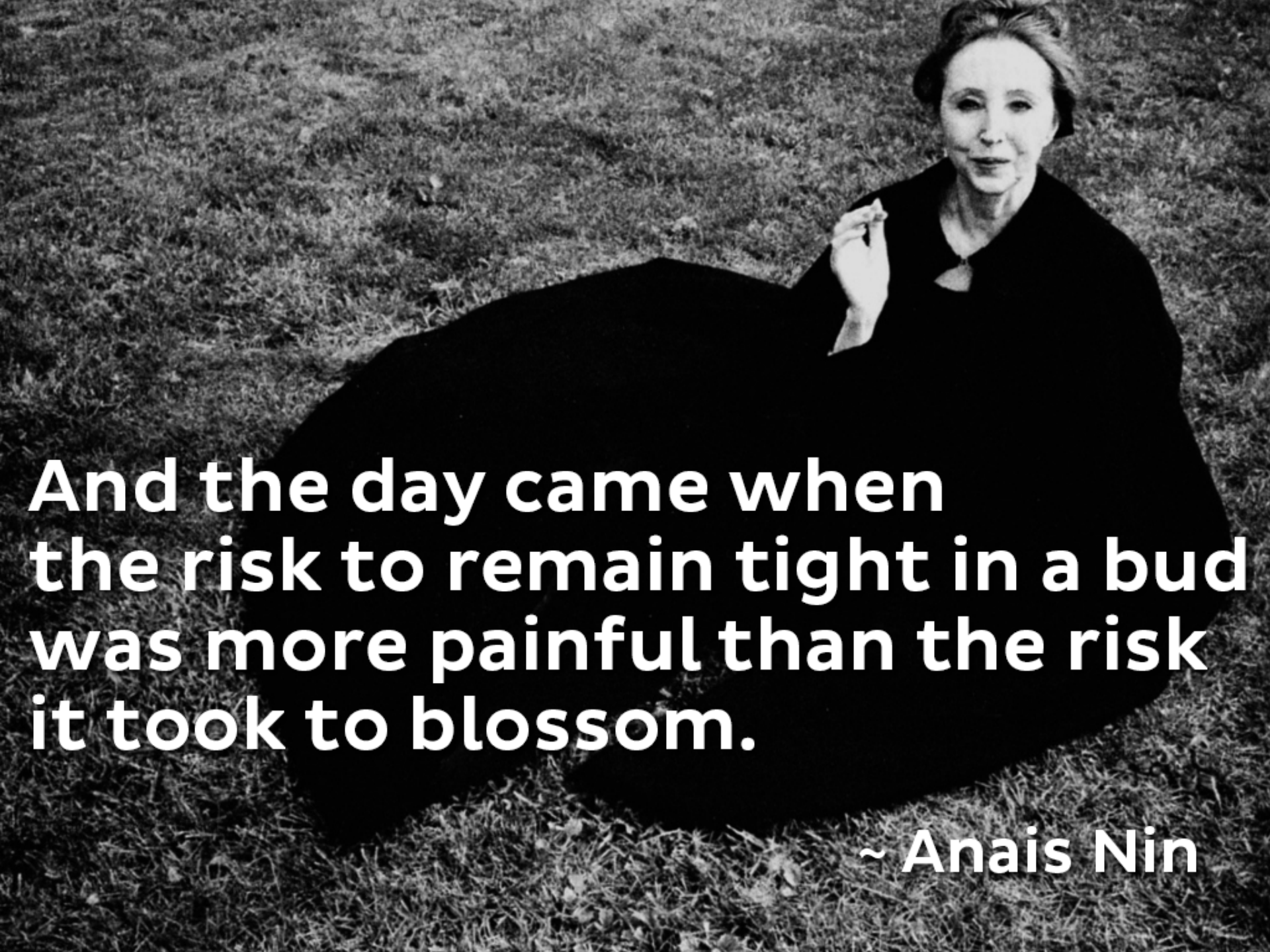
Practice 6:
Schedule Joy

Connection Exercise

1) What is working for you now?

2) What can you commit to doing differently?


Self-care is never a selfish act -
it is simply good stewardship
of the only gift I have, the
gift I was put on earth
to offer to others.
~ Parker Palmer


And the day came when
the risk to remain tight in a bud
was more painful than the risk
it took to blossom.
~ Anais Nin

Emerging women
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