The Most Powerful You: How to Recognize and Close Your Power Gaps And Rise To Your Highest Potential

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Overview

WHAT WE'LL COVER

• What Is Power and Why We Need It
• The 7 Damaging Power and Confidence Gaps That Keep Women From Thriving In Their Lives and Work
• 7 Brave Pathways To Career Bliss
• What To Do First, To Shift What Is Possible
Why hundreds of professionals around the globe have come for career help...

THEY FEEL UNABLE TO WORK, LEAD, COMMUNICATE AND GROW IN THE WAY THEY WANT TO:

• Don't feel recognized or valued
• Feel they're meant for something bigger or better
• Aren't advancing or receiving compensation they deserve
• Not doing work that feels right, good or purposeful
• Feeling there is too much struggle
• They want more, different and better

Overall, they don't feel able to reach their highest, most joyful potential
What is missing MOST?

**BRAVERY** – to recognize and face head on what isn’t working and take the accountability to change it

**POWER** – To act with influence and impact on one’s own behalf, to advocate for yourself and others and become the true author and leader of your life.
Why we need power

POWER IS AN ESSENTIAL COMPONENT TO A THRILLING AND IMPACTFUL CAREER, BUT MANY PEOPLE (OFTEN WOMEN) SHUN IT.

✓ Power TO, not power OVER
✓ Ability to accomplish, create and manifest
  ✓ Strength to become a force for good
✓ Influence to make an impact and difference
  ✓ Authority to lead and work as you wish
✓ Self-trust to share your ideas and visions

Power doesn’t have to be:

Harsh - Critical - Aggressive - Angry - Hurtful - Abusive
What It Feels Like To Be a Brave & Powerful Professional

• ENGAGE in meaningful, rewarding work
• EARN the respect, recognition (and money) you deserve
• LEAD well and LEVERAGE your natural talents and gifts in service of others
• BUILD heart-connected relationships that are healthy, beneficial, and enriching
• UPLIFT others as you rise

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THE 7 DAMAGING POWER GAPS

that keep people from reaching their highest, most thrilling potential and impact in their studies, work, careers, relationships, and personal lives
98% OF THE 1,400+ WOMEN SURVEYED (and 90% OF THE MEN) ARE EXPERIENCING AT LEAST ONE OF THESE 7 GAPS

My latest survey revealed:

• 75% are having 3 or more gaps at the same time
• When you have these gaps, you cannot thrive to the highest degree
THE TOP 7 POWER GAPS that women experience

#1 Not Recognizing Your Special Talents, Abilities and Achievements (T=63%; Y=83%)

#2 Communicating From Fear, Not Strength (70%)

#3 Reluctance To Ask for What You Deserve (T=77%; Y=85%)

#4 Isolating from Influential Support (T=71%; Y=83%)

#5 Acquiescing Instead of saying "STOP!" (T=48%; Y=57%)

#6 Losing Sight of Your Thrilling Dream (76%)

#7 Allowing Past Trauma to Define You (62%)

T = Total Respondents who indicate having the gap;  Y = Young adults ages 18-24 who indicate having the gap
WHY STUCK?

IT'S ACTION THAT CHANGES OUR LIVES, NOT THOUGHT.

Why do so many struggle to make the changes they long for? Because insight isn’t enough.

It’s brave, empowered action that changes our lives. And it’s consistent, committed action that's needed.
The Framework For Change

7 BRAVE PATHWAYS TO CAREER BLISS
CLOSE YOUR POWER GAPS WITH 7 BRAVERY-BOOSTING PATHS:

- Brave Sight
- Brave Speak
- Brave Ask
- Brave Connection
- Brave Challenge
- Brave Service
- Brave Healing

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The 7 Brave Pathways significantly expand our experience of:

- Self-mastery
- Confidence and self-trust
- Executive Presence
- Communication Strength
- Leadership and Vision
- Relational Connection
- Joy, Fulfillment & Purpose
#1: Brave Sight

Do you recognize how truly talented, gifted and valuable you are?

What are your natural capabilities and strengths - the powerful skills and talents that come easily to you that make a difference?
What are the "20 facts" of you?

What are the 20 most powerful and important outcomes you've achieved that make you most proud and excited, that can't be refuted?

What special skills did you use?

Watch my TEDx Talk "Time to Brave Up" for more.
#2: Brave Speak

Start TALKING more powerfully and confidently about who you are and what you want.

What’s at the root of your reluctance to speak up for yourself?
Watch your language – where do you apologize and communicate weakly, without confidence, command or authority?

Overcome:
- over-apologizing
- weakening your message
- agreeing when you don't
- staying silent when you should speak
- not taking credit where credit is due

Who in the past stopped you from speaking powerfully?
#3: Brave Ask

It’s time to ASK for what you need and want.

Women are far more reluctant than men to negotiate and ask for what they want and deserve.
Identify what you want and accept that you are worthy and deserving of it. Then build your case.

Want a better role? A more exciting project? More leadership responsibility? More help from others?

Identify very clearly what you want, why it will help others for you to have it, then make a stand for it. Don't cave.
#4: Brave Connection

Do you have people in your corner who would do anything for you and who have the power to help in BIG ways?
You need the help of others if you want to build an amazing life and career

STOP ISOLATING AND START CONNECTING, NETWORKING, AND SHARING

BUILD YOUR A POWERFUL SUPPORT COMMUNITY ON LINKEDIN AND BEYOND
Build an amazing support network that enlivens you.

- Power up your LinkedIn profile this week. Share your thought leadership.
- Reach out to people on LinkedIn who are 10 steps ahead of you, doing what you want to, and be of service to them.
- Get in the "right" room and build your community of mentors, sponsors and ambassadors.
#5: BRAVE CHALLENGE

Thousands of women and men (and particularly younger people) are acquiescing instead of saying “STOP!” to mistreatment, gender discrimination and bias, stereotyping, and other unfair practices.

*What are you accepting that needs to be addressed?*
Recognize What You Need to Address and Take a Step

• Get clear on what is no longer acceptable
• Do the internal work to understand how you have in some way allowed it
• Decide (with outside help if necessary) how you will address it
• Take a stand today, with support.
• Address your hidden fears about standing up for yourself.

Potential options:

Speak to your boss or HR
Get advice from your mentor or sponsor
Work with a coach or coaching buddy
Consult an outside advisor
#6: BRAVE SERVICE

“People are happiest when demonstrating in physical reality what they know to be true about themselves, giving form to their Life Intentions in ways that contribute to others.”

*Maria Nemeth – The Energy of Money*
You don't have to risk ANYTHING to get on the path to more thrilling work.

Just EXPLORE it.
If you knew you couldn’t fail and it would all work out beautifully, what would you explore or pursue?

Writers write, teachers teach.

If you want to be a writer, start writing a blog or an article.

Become the person you say you want to be.

Don’t wait to do ideal work. **Start now.**

Pursue in doable, risk-free ways the new direction(s) you’re passionately drawn to.

Start telling everyone you know about this new direction you’re interested in.

Just start talking.
#7: BRAVE HEALING

You are what your childhood and past taught you to be (unless you've unlearned and healed it.)

What messages and coping strategies did you learn that are no longer serving you?

Did you face suppression, emotional manipulation or narcissism that pushed you “underground?”

Address what needs to be healed or the wound will continue.
Who did you crave love most from as a child, and who did you have to be to get it?

- Tony Robbins
YOUR LIFE AND CAREER AREN’T JUST “HAPPENING” TO YOU. YOU’RE CO-CREATING IT EVERY DAY.

WHAT CHRONICALLY REPEATS THAT’S NEGATIVE AND HURTFUL?
Are you ready for a thrilling life and work of meaning, purpose and significance that you love and are proud of?

If not you, who? If not now, when?
“It’s time now…
Become the most powerful version of you – and illuminate the world with it.”

- Kathy Caprino
Which *finding brave* path speaks to you most? Take one tiny step today…

Brave Sight
Brave Speak
Brave Ask
Brave Connection
Brave Challenge
Brave Service
Brave Healing

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QUESTIONS?