

Renewing Your Purpose and Monetizing Your Brilliance in a Post-Pandemic World

EMPOWER WOMEN



Other Resources

The Buddha and the Badass: The secret Spiritual Art of Succeeding at Work- By Vishen Lakhiani

The Essentialism: The Disciplined Pursuit of Less- By Greg McKeown

The Big Leap: Conquer Your hidden Fear and Take Life to the Next Level- By Gay Hendricks

Gallup- Clifton Strengths Assessment -measures your talents, your natural patterns of thinking, feeling and behaving.

*Our June event was led by Rebecca Moore, owner of **In A Nutshell Consulting**. The pandemic has forced millions of women to leave the workforce in what many have dubbed the **SHE-session**. This past year exposed the fragility of organizations and lack of caregiver support. Many were left to scramble for childcare solutions or for work flexibility, and ultimately had to walk away from their careers. But there is also a beacon of hope. Women are choosing to create their own paths to fulfilling work and turning to entrepreneurship in large numbers. In her discussion, Rebecca talked about how you can renew your purpose and use that to redefine your life and/or career.*

What does your version of success look like?

Everyone is different and want different things out of life. So, it's important to take stock of what is important and meaningful to you. For example, is the definition of success that you have a lot of money and a big house? Or does success mean you have a lot of money, but you value the freedom money brings over material things? Or maybe you emphasize health, relationships, religion, etc. Whatever it is, make sure your version of success is unique to you.

Shift your limiting beliefs

So many of us want to make positive changes in our lives. However, all too often, self-doubt creeps in and suddenly we are holding ourselves back. Acknowledge the feelings and emotions those thoughts bring about. When you recognize these thoughts coming on, you can change how you process them and change your beliefs. This realization will change your actions.

Embrace your genius

Do a self-audit and find where you are wasting your time. For example: are you spending too much time doing household work when you can pass that on to someone else? Are there things you are really good at, but they don't necessarily fulfill you? By figuring out where your time is being spent, you can automate, delegate and eliminate those unnecessary tasks. This will free up your time to focus on where your genius and your strengths lie.



Rebecca Moore