



**"THE MOST ALLURING  
THING A WOMAN CAN  
HAVE IS CONFIDENCE."**

*Beyonce*

**KNOW YOUR VALUE**

Talent comes in all shapes and sizes. You have a lot to offer. You have worked hard to earn your seat at the table; own it.

Your value does not take away from anyone else's value; you ADD value. We are part of a big machine, and all parts and pieces are needed to make it work.

Let your work and actions speak for you.



**TAKE NO SHIT**

Setting boundaries, knowing your limits, and not being a pushover is healthy.

Be kind, fair, and consistent. Know your priorities, and don't get caught up in the drama.

Keep opinions from others and about others at bay.







## BE AUTHENTIC

I spent the first five years of my career trying to fit in with the guys. I wanted them to like me, be accepted, and let comments fly that I didn't always agree with.

It was exhausting!!

So I stopped and started just to be myself, and life got easier... I would rather be disliked for who I am than liked for someone I am not!

## BE CURIOUS

I often joke that I am the camp counselor for teen boys as my profession. The reality is that I love working with my guys!

Being open and curious is a great way to bridge differences and find similarities.

Start by asking questions, like favorite band, movie, or hobby.



## LISTEN

Be present in the conversation. If you are thinking about what you will say to respond while someone is talking to you, you aren't listening to what they are saying.

Effective communication is critical for high-functioning teams. When you take the time to listen, you give yourself the opportunity to respond and not react.

