

WRISE Summer Social July 26, 2018

Career and Life Development Networking Event

“Never Enough”

Sound track from The Greatest Showman

Questions:

- How do you define “Enough” when it comes to your professional life? Have you ever thought ...I am not smart *enough*, good *enough*, organized *enough*, or dare say, attractive *enough*?
- How do you apply “Enough” to others when you respond to their actions, and their treatment of you? What assumptions do you make about the other person before/as you respond to them?

Watch:

“Own Your Behaviors, Master Your Communication, Determine Your Success”

Louise Evans, TEDxGenova

Questions:

- When you absorbed the presentation, whose perception of what is “Enough” drove your response? Your perception, or that of the other person?
- If how we feel about *ourselves* determines how we respond to *others*, how impactful is how you feel about yourself when you are communicating with other people? Discuss and share personal examples?
- Will making assumptions about another’s perception of you provide you with valuable information to aid in your conversation in a productive way? Or does the self-talk alter the exchange? Does being vulnerable and open by setting aside this “perception process” result in a more productive satisfying *mutual* exchange? Any personal experiences or strategies to share?



Women of Renewable Industries
and Sustainable Energy

Watch:

“The Power of Vulnerability”

Brené Brown

Questions:

- Now what is your perception of being vulnerable mean? What is your new definition of “Being Enough”?
- How does this new perception change how you move forward professionally or personally?
- Discuss how you plan to practice “Being Enough”?

Follow On:

Brene’ Brown has recorded a series called “Living Brave” comprised of a set of interviews she has completed with women she sees as “Living Brave.”