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Today's Purpose

Breaking free from the self-imposed pressure to do it all requires connection, self-compassion, and support. In this session, we will discuss tips, resources, and encouragement on how to implement change in our lives and in the lives of future generations of women leaders. We'll examine our own stories, set expectations for our future, and walk away with impactful action items to empower change and cultural shift. Everyone who attends will walk away with the knowledge and insight on how to foster open dialogue, listen, and promote a culture of support, encouragement and respect for the women in their lives.

Communication Checklist | Self-implemented Workshop Guide | Access To The Community

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My Story

From Tragedy to Triumph.

"WE ALL HAVE LIFE EXPERIENCES THAT HAVE SHAPED WHO WE ARE AND IT'S OKAY TO NOT MOVE ON, AS LONG AS WE MOVE FORWARD AND 15 YEARS LATER, I AM CONTINUING TO LEARN HOW TO MOVE FROM A PLACE OF FEAR AND NOT ALLOW FEAR TO CONTROL MY ABILITY TO CONNECT WITH OTHERS."

MY JOURNEY THROUGH FEAR, TO RESILIENCE & CONNECTION

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WHAT'S YOUR STORY?

1. MAJOR LIFE TRANSITIONS
2. LOSS & GRIEF
3. FINANCIAL HARDSHIP
4. HEALTH CHALLENGES
5. WORK-RELATED STRESS
6. RELATIONSHIP ISSUES
7. NATURAL DISASTERS
8. TRAUMATIC EVENTS
9. CAREGIVING RESPONSIBILITIES
10. PERSONAL IDENTITY & SELF-DISCOVERY
11. SOCIAL & CULTURAL PRESSURES

You are not alone. We ALL have struggles and we are ALL have fears.

Have you experienced a hardship?
Raise your hand if...

@domahoftrains

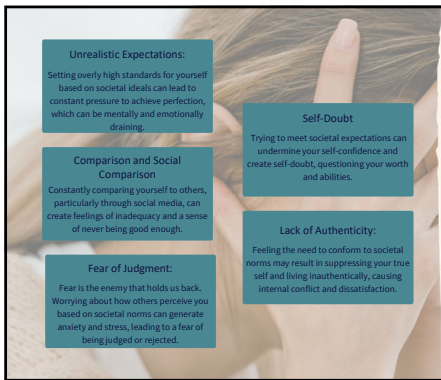
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Let's Start Now

- How many of you have had experiences that have greatly impacted your life? An "Impact Moment?"
- How many of you have let that event or experience influence how you connected with the people around you?
- How many of you let that experience impact how you showed up at work?
- How many of you openly shared your fears, worries, struggles with those in your professional circle?
- How many of you wish you had shared what you were going through?



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Unrealistic Expectations:
Setting overly high standards for yourself based on societal ideals can lead to constant pressure to achieve perfection, which can be mentally and emotionally draining.

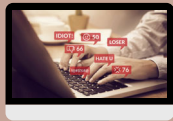
Comparison and Social Comparison
Constantly comparing yourself to others, particularly through social media, can create feelings of inadequacy and a sense of never being good enough.

Fear of Judgment:
Fear is the enemy that holds us back. Worrying about how others perceive you based on societal norms can generate anxiety and stress, leading to a fear of being judged or rejected.

Self-Doubt
Trying to meet societal expectations can undermine your self-confidence and create self-doubt, questioning your worth and abilities.

Lack of Authenticity:
Feeling the need to conform to societal norms may result in suppressing your true self and living inauthentically, causing internal conflict and dissatisfaction.

Societal Pressures & Preconceived Expectations



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Building a Community of women who support one another

Breaking Free from Mean Girl Culture



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Overcoming Bias and Fostering Community Among Women

- Recognizing our own biases
- Develop Self Awareness


By overcoming our biases, we can foster empathy, compassion, and a strong support network within our community of women.



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IT STARTS WITH YOU

- BE THE CHANGE
- COMMIT & START FRESH
- MODEL THE BEHAVIOR
- BUILD A SUPPORT NETWORK




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How Can Other's Support?

- Foster open dialogue
- Actively Listen
- Promote a culture of support, encouragement, and respect

Your actions can create a safe space for women to share their experiences and seek support.



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Empowering Awareness: Recognizing Signs and Symptoms

Physical	Emotional	Cognitive	Behavioral
Signs Headaches or migraines Fatigue or low energy levels Changes in appetite or weight	Responses Mood swings or irritability Anxiety or excessive worry Low mood or depression	Changes Difficulty concentrating or making decisions Racing or intrusive thoughts Mental fog	Shifts Changes in eating habits Social withdrawal or isolation Procrastination or avoidance of tasks

Take the initiative to dig deeper, ask if they are okay, and offer your support ✓

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Navigating Expectations: Unraveling the Four Tendencies of Expectations for Better Understanding and Support

By recognizing these tendencies and adjusting our responses accordingly, we can foster better understanding, communication, and support among individuals with different expectations.

The Questioner Meets inner expectations but seeks outer justification Response: offer explanations and reasons behind expectations to help them understand.	The Upholder Meets inner & Outer Expectations Response: provide clear guidelines and support their commitment.
The Rebel Resists both inner and outer expectations Response: give them autonomy and space to express their individuality while encouraging their growth and well-being.	The Obliger Meets outer expectations but struggles inwardly Response: provide external accountability and support to help them meet their goals.

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THE TOOLS

By utilizing these takeaway tools, you can actively engage in personal and professional development, improve communication skills, establish support networks, and access valuable resources to enhance your overall well-being and promote a positive and empowered environment.

- Communication Checklist
- Self-Driven Workshop
- Peer Groups
- Expert Resources
- And More!

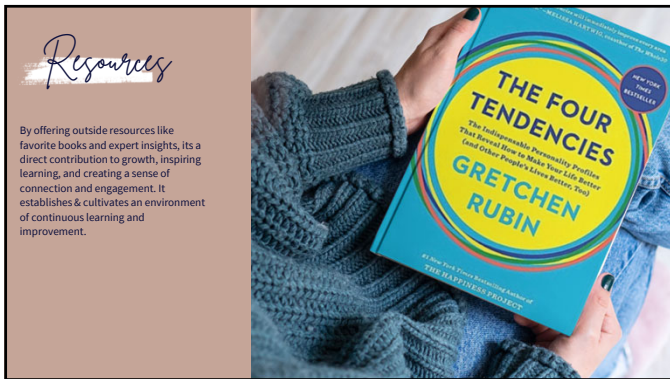
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Thank you

Let's Keep the Conversation Going!

People's opinions are constantly changing, the only constant is your own. Live your beliefs, build your community, show the next generation of girls that we are better when we support one another. I'd love to stay connected, break the cycle and help you to **"Be the Shift!"**