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Superwomen: How Executives Tap Into Their Core Strengths

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Tuesday, Oct. 25
2:15–3:30 p.m.



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 Founder and President
 PECC LLC

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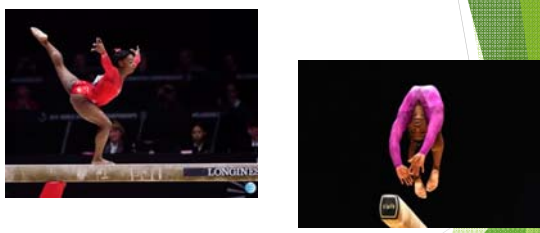



SUPERWOMEN!



Strong women get things done! Be Passionate. Be Courageous. Be your Best. - Gabby Giffords

WORK-LIFE BALANCE!




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Discussion Objectives

- ▶ EQ? IQ? Or Both?
- ▶ Distinguishable Leadership Characteristics of Women
- ▶ Can you Really Have Work-Life Balance?
- ▶ Can you Really Have It All?


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EQ? IQ? Or Both?

- ▶ Cognitive Intelligence (IQ)
 - ▶ Ability to understand information, imagine possibilities, use intuition, solve problems, and make decisions
- ▶ Emotional Intelligence (EQ)
 - ▶ Ability to understand the needs and feelings of oneself and other people, manage one's feelings, and respond to others in appropriate ways

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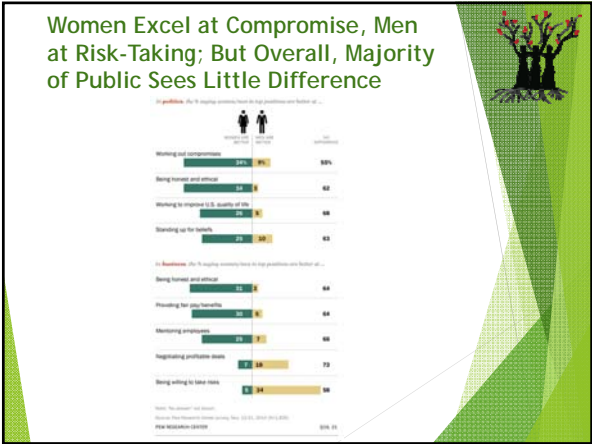


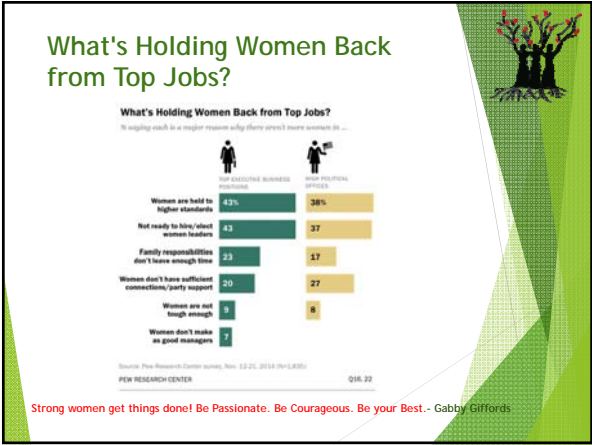
Distinguishable Leadership Characteristics of Women

▶ More persuasive	▶ Risk taker
▶ Social awareness	▶ Tenacious
▶ Learn from adversity	▶ Confident
▶ Compassionate	▶ Giving back
▶ Interpersonal relationships	▶ Focused on development, mentoring, training

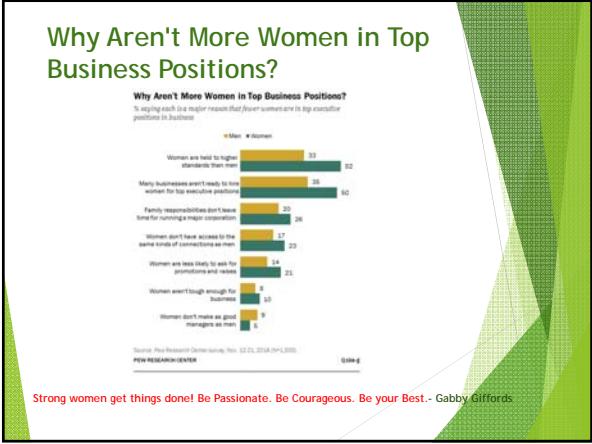
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Can you Really Have Work-Life Balance?

- ▶ Take care of you.
- ▶ Take a vacation.
- ▶ Take a nap (and don't feel guilty)!
- ▶ Focus on what you love!
- ▶ Nurture relationships.
- ▶ Schedule your time.
- ▶ Stop saying "I should be able to..."
- ▶ Choose good enough over perfect.
- ▶ Don't be a martyr mom/wife/manager.
- ▶ Separate home/work/pleasure.
- ▶ Just. Slow. Down.
- ▶ Write your own definition of success.
- ▶ Sell work options.
- ▶ Find your passion...follow it!
- ▶ Start with "there is no perfect balance!"

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Can You Really Have It All?



