



priority group

Awkward and Upward!

PRESENTATION HANDOUT

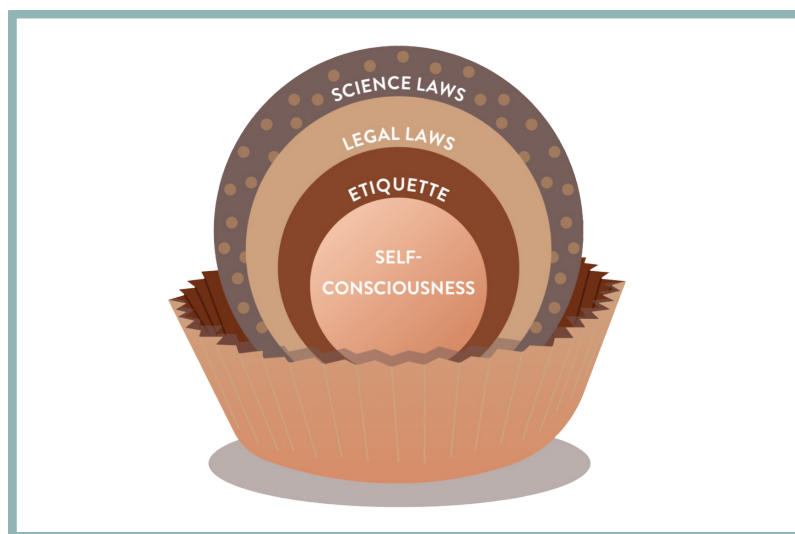
HENNA PRYOR, PCC, MSA

*2x TEDx + Global Keynote Speaker
& Workplace Performance Expert*

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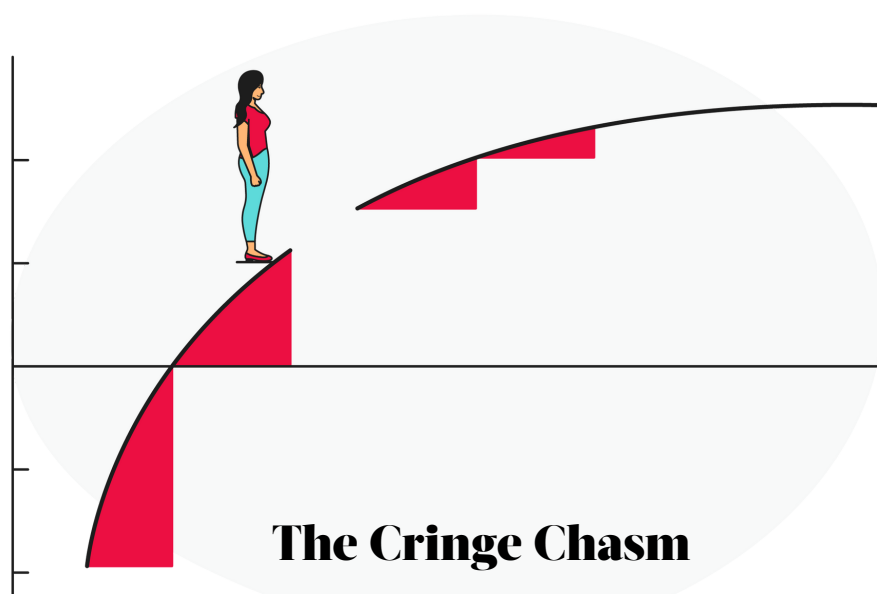
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How can we take more **professional risks** without feeling awkward and getting stuck every time we try?



We make the **biggest gains** where there's room for the **most improvement**.

THE POWER OF THE LOGARITHMIC CURVE



DELIBERATE PRACTICE

Regular practice might be full of mindless repetitions, deliberate practice requires focused attention and we do it with the concrete goal of improving performance in the specific areas where we feel a bit awkward.



HOW?

SEARCH FOR THE S.U.C.K.

Look for the **SMALL**.

- Bad Idea Brainstorms or Cracked Egg Stories - Nothing off the table!
- Role Playing with teams
- Prioritize team activities in areas where everyone is likely to be an amateur (i.e. poetry!)

And just a bit **UNCOMFORTABLE**.

- Reframe your anxiety as excitement
- When uncomfortable, detach emotion from thought by asking, "Is there really evidence to support that thought?"
- Remind ourselves that our visible discomfort often has benefits!

To cross the **CRINGE CHASM**:

- Not threatening, just enough to bring a little heat
- Celebrate the "training" instead of outcome
- Activate your community and find your Hype Squad - Cringe in Community!

And **KEEP PERSPECTIVE** as you go!

ADVANCE PRAISE FOR **GOOD AWKWARD**



"If mental blocks around awkwardness have kept you from taking the next right step in your career and life, you need to read Good Awkward. Henna Pryor combines insightful research and a playful writing style to bring a fresh perspective to taking the professional risks we all need to take to succeed -- in work and in life."

NFL Quarterback, Russell Wilson

"**I feel seen!** In Good Awkward, Pryor puts her finger on something most of us are afraid to admit -- we don't always know the right thing to say, our attempts at small talk fall flat, we get shot down when we venture into new territory.

I found myself nodding along to the many relatable examples of how we stifle ourselves because we are afraid of being anything but the polished professionals we want the world to see.

But Pryor explores how embracing our inner awkwardness can actually help us perform better at work -- and in life. When we free ourselves from the fear of looking less than perfect we realize that our awkwardness can be a superpower. **Highly recommend!**"

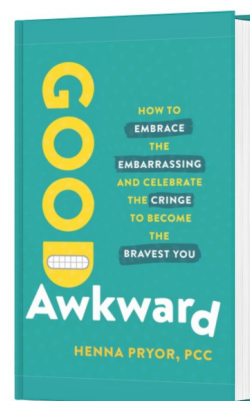
Karen Dillon

Former editor of Harvard Business Review and New York Times bestselling author of How Will You Measure Your Life?



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