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POWERING UP: How Self-Awareness Helps Women Advance and Thrive

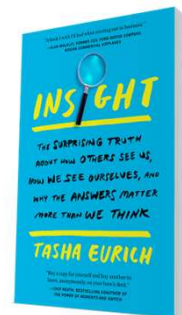
Key Themes: Navigating the surprising self-awareness challenges women face; how women can succeed and advance by harnessing their unique power.

Self-awareness is the foundation for extraordinary performance, meaningful relationships, and a fulfilling career. But getting there can feel out of reach, and **such obstacles seem especially pronounced for women** (example: while women are seen as *more* effective, they typically *underestimate* how others rate their performance). This has real consequences for advancement: less smart risk taking, advocating for our interests, and selling our ideas.

Thankfully, women have several unique self-awareness advantages. **By affirming what we stand for—and knowing our unique value—women can confidently navigate the corporate world while staying true to ourselves.** Tasha is passionate about helping women harness self-awareness to boost their contributions and careers. Through inspiring case studies, eye opening research, battle-tested tools, and the chance to have their experiences heard, **audiences will leave with new self-assurance and feel empowered to bet on themselves.**

Sample Objectives

- Why **self-awareness is a source of power** for women & men.
- The surprising science of **gender differences in self-awareness.**
- A technique to **help others recognize your unique power** by first discovering it yourself.
- Tools to **replace self-sabotaging thoughts with empowering insights.**
- Why you may not be **getting candid feedback**, and a simple approach to make sure you do.



Value for Participants

- Spark **unstoppable performance & career growth.**
- Step into your strengths** (as a professional & a human).
- Feel **revitalized, inspired, & empowered** to tackle your biggest challenges.
- Champion great people & build **motivated, diverse, and connected teams.**

Ideal Audiences

Women's conferences & leadership events; Predominantly female audiences; Anyone who wants to support & promote the advancement of women. **Tasha is passionate about offering customized content, messaging, and data for every audience.**

