



[let's talk about Adapting to what's next: How to focus on what's STRONG]

PRESENTED BY
DANIELLE DOBSON

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What we're covering today

- The Gender Code training program & EQ
- Critical THINKING & critical IGNORING
- Focus on what's STRONG for what's NEXT
- Practical exercises & tools to help YOU

The Gender Code

- Pink & Blue boxes
- Training program
- EQ impact



Career & Leadership Asset

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3 Key Elements

- Role & acumen:

power role, influence, control over resources, analytical skills, data, things from the blue box

- Gender Code Training:

unique skill set, caring for others, OPC, pink box training, empathy, emotional agility, context management

- YOU:

uniqueness, strengths, attributes, skills set, perspective, life experiences, nature, nurture & neuroplasticity

- *TRIPLE THREAT*

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Critical *THINKING* & *IGNORING*

- *Critical thinking*

- Resource - <https://hbr.org/2019/10/a-short-guide-to-building-your-teams-critical-thinking-skills>

- *Critical ignoring*

- Resource - <https://www.weforum.org/agenda/2023/02/critical-thinking-ignoring-brain/>

- What will you do to apply this?

Focus on what's **STRONG**...

for what's **NEXT**...



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Make FRIENDS with what's WRONG

Build your capacity for SELF COMPASSION

“not as a way of judging ourselves positively, but rather relating to ourselves kindly,

embracing ourselves as we are flaws and all.” Dr. Kristin Neff

Inner Critic Compassion Builder

“Thanks for wanting to keep me safe inner critic,

*I understand what you're trying to do, and I
appreciate it.*

But trust me, I've got this.”



Make **BEST FRIENDS** with what's **STRONG**

- Use what you ***ALREADY*** have
- Collect evidence for your ***SELF KNOWLEDGE*** data bank
- Engage with your ***INNER COACH***

ADOPT what's next

- Build a STRONG connection with yourself



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Connection

CAAP Strategy

- **Curiosity**
 - *How are you thinking & feeling?*
- **Acceptance**
 - *Accept yourself for who you uniquely are*
- **Ask**
 - *Ask the important questions of yourself*
- **Prioritisation**
 - *What's important? What's at the core of YOU?*



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[let's support each other to take
the next steps.]

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...an important contribution to women, families, and society ... providing a framework for each of us to envisage, create, and live our own code.

This book is powerful!"

– Corrinne Armour

Fearless Leadership® Specialist, Speaker, Mentor
Author: *Leaders Who Ask & Developing Direct Reports*



As seen in:

FINANCIAL REVIEW

 **SmartCompany**

 **Radio**

Forbes

 **honey**

**startup
daily.**

Breaking the Gender Code

Special 20% gift code: WiBF

Based on her extensive research, Danielle discovered what works in helping women use what they already have, to get what they actually want and she shares this in her book *Breaking the Gender Code*.

Today Danielle uses this body of work and experience to help women and men to work together to break the Gender Code for good.

Working with leaders and their teams, she helps women and men to understand the shifting nature of their roles, in career and life and equip them with the tools and strategies to navigate the rapidly evolving world of work and relationships.

Danielle helps organisations to leverage the power of the high performing women they already have, attract the right female leaders into their organisation, develop a competitive advantage over industry rivals and boost their bottom-line performance.

Thank You



Danielle Dobson

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Slides:

