

[code]

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

women banking finance

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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

3 Key Elements

•Role & acumen:

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

- Gender Code Training:
- •YOU:

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

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

• TRIPLE THREAT





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?



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Focus on what's STRONG...

for what's NEXT...





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."



women



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





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?







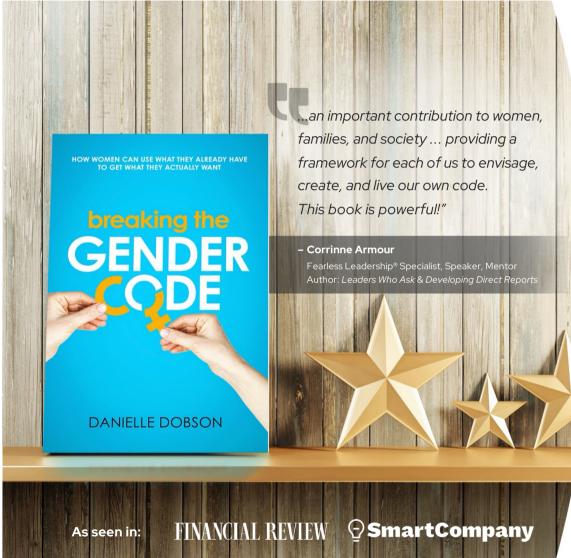
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[let's support each other to take the next steps.]





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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.



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Thank You



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