



IFUNDWOMEN

# Let's Thrive (not survive) in the Workplace

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WORKSHOP BY GRACE SIMMONS, MA

# Hi! My name is Grace...

- Army Veteran
- Leadership & Development Program Manager
- MA in Organizational communication



# This is for you if...

You feel limited in how much of you, you are allowed to  
express

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you feel you were never taught to explore the multi-  
dimensional person that you are

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You are ready to stop self-defeating patterns and habits

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You want to highlight your ability to balance your unique  
identity and purpose

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You desire to effectively contribute to any business  
mission while still enjoying self-fulfillment for yourself



You are in the right place!





Know when  
to go!

Recognize  
where you  
are

8  
Dimensions  
of Wellness

# From Burnout to Bliss...

Create Your  
Growth Plan

Understand  
Your  
Triggers

Build Your  
Confidence  
& Find Your  
Voice

# #1: Begin with What You Know

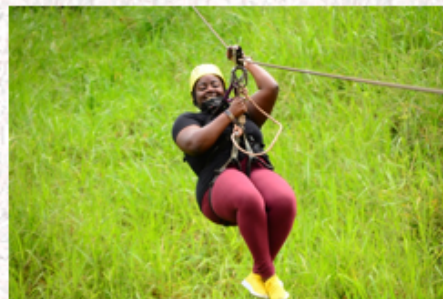
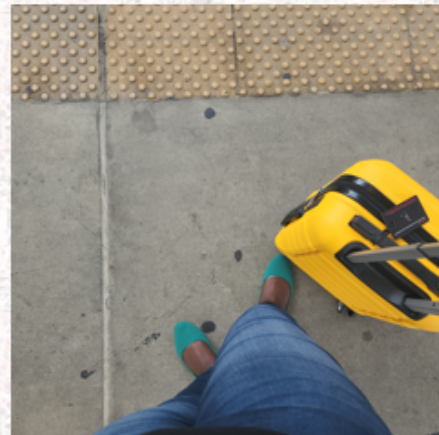
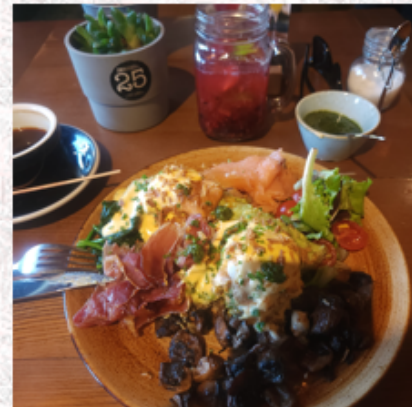
- Know your Skills
- Know Your Audience
- Know Your Preferences & Expectations





# Put it into Practice: Create a Coat of Arms

On notebook paper  
or in a PowerPoint  
slide, draw or put  
together images that  
you feel represent  
you.





# #2: Challenge Your Perceived Barriers

- List the Possibilities
- Dealing with Human Barriers
- Ask for Help



# Put it into Practice: Create Your Affirmations



Create a list of 3-5  
affirmations.

\*Keep in mind, these are  
positive statements -  
remove "not".



# #3: Set Boundaries with Intention

- Be real to you
- Communicate your boundaries
- Be respectful of your time



# Put it into Practice: Visualize Your Boundaries

Step 1: Write down answers to the following:  
What is causing me stress or discomfort right now?

What do I look forward to each day?

What do I dread each day?

Who or what gives me energy?

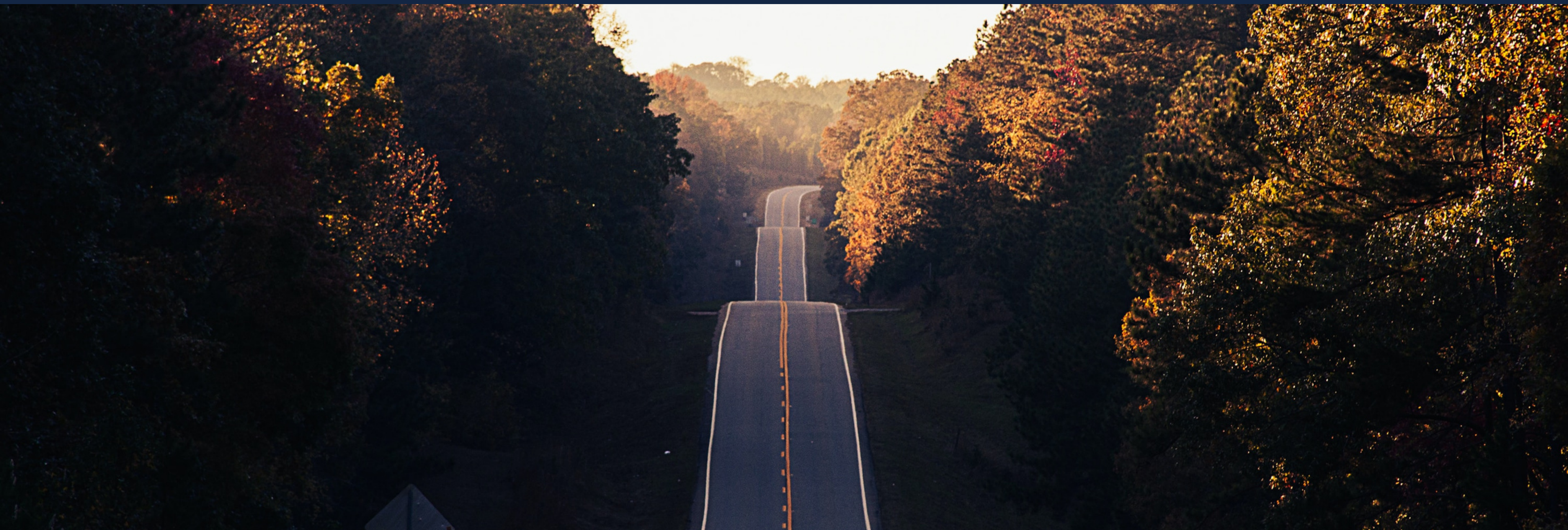
Who or what drains me?

Who or what makes me feel unsafe,  
unsupported, and devalued?

Step 2: Draw a large circle and  
write everything that makes you  
feel safe and stress-free within  
the circle.



# Next Steps...





# Let's Keep in Touch!



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The Random  
& Wonderful  
Podcast



[www.amethyst  
palaverhut.com](http://www.amethystpalaverhut.com)



1:1 & Group  
Coaching  
Available in  
ServicesX

# Resources:

“8 Ways to Establish Healthy Boundaries at Work.” Career Contessa,  
<https://www.careercontessa.com/advice/healthy-boundaries-at-work/>.

Jo Nash, Ph.D. “How to Set Healthy Boundaries & Build Positive Relationships.” PositivePsychology.com, 8 Mar. 2023,  
<https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>.

“Women in the Workplace 2022.” McKinsey & Company, McKinsey & Company, 18 Oct. 2022, <https://www.mckinsey.com/featured-insights/diversity-and-inclusion/women-in-the-workplace>.



**“Your success will  
be determined by  
your own  
confidence &  
fortitude”  
– First Lady  
Michelle Obama**





**Thank you!**