



IFUNDWOMEN

Let's Thrive (not survive) in the Workplace

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

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

You are ready to stop self-defeating patterns and habits

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

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

You are in the right place!



From Burnout to Bliss...

Create Your
Growth Plan

Know when
to go!

Understand
Your
Triggers

Recognize
where you
are

Build Your
Confidence
& Find Your
Voice

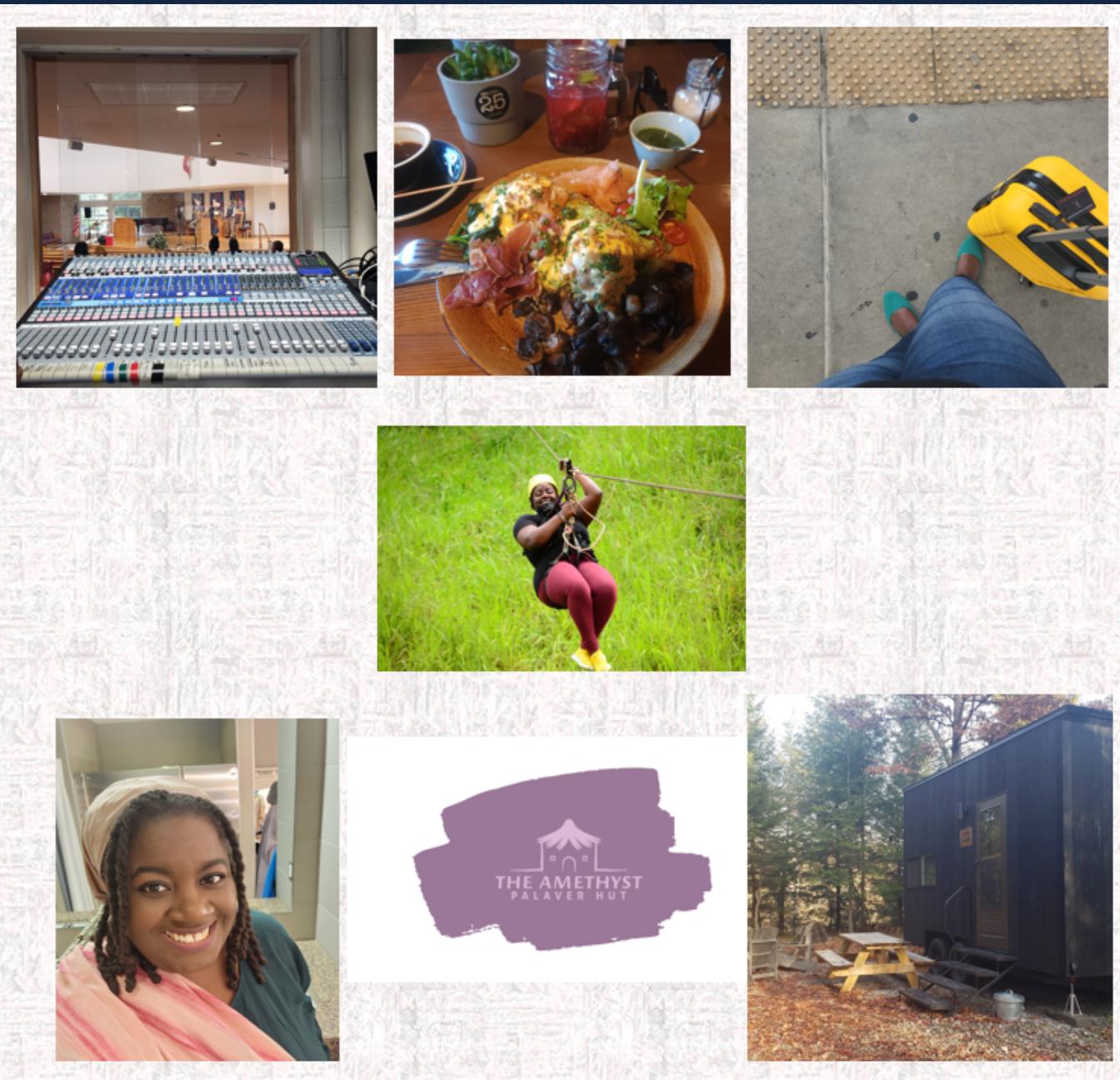
8
Dimensions
of Wellness

#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?

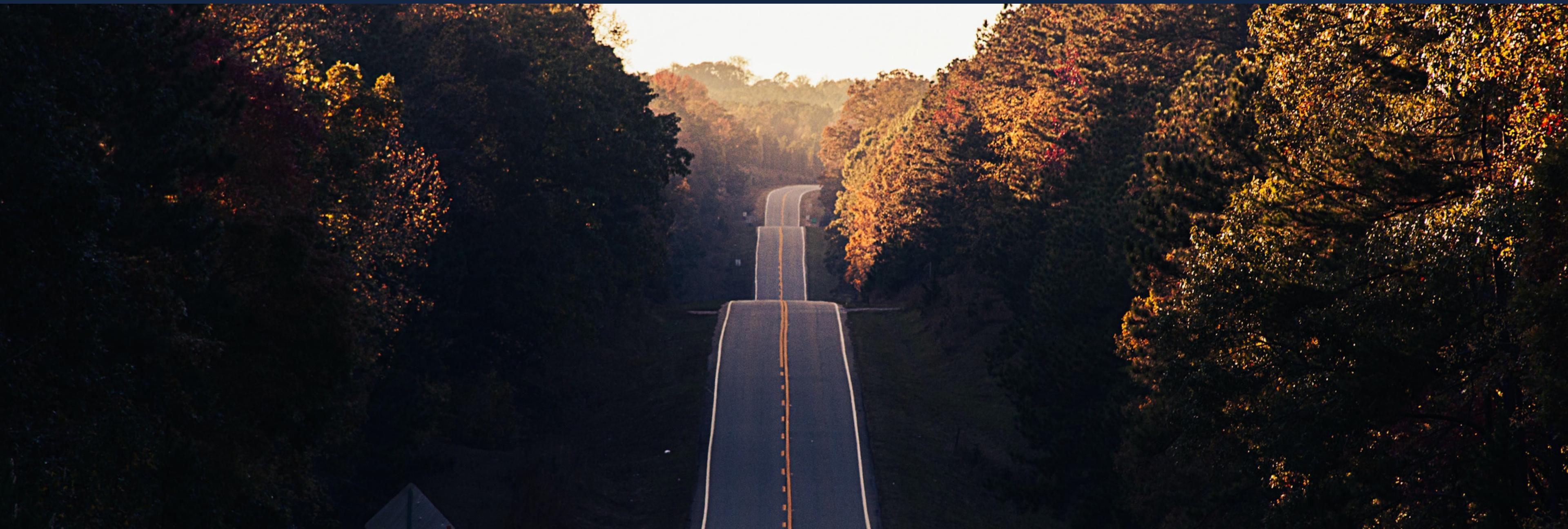
Who or what gives me energy?

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!



[connect@amethyst
palaverhut.com](mailto:connect@amethystpalaverhut.com)



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!