



ESSENTIAL ELEMENTS OF AUTHENTICITY

1 SHOW UP READY

Envision yourself succeeding: securing the raise, wowing the audience, winning the pitch. Show up with your A-game to every interaction. Even 60 seconds of quiet time before your event or in between meetings helps.

TIP: Look at your calendar now and **see where you can find those extra few minutes each day** to reflect, breathe, stretch, move or hydrate

2 BE IN THE MOMENT

Try not let your thoughts run ahead as you rehearse the "perfect" opening, closing or response. Guess what? The perfect response is your own natural, authentic input to the conversation.

TIP: Create a reminder that will pull you back to the conversation when you start to wander. It could be a written word on the paper in front of you, a silent phone notification, or a mental association with an object you carry or wear. **Write down the idea here and try it in your next meeting.**

3 ASK GOOD QUESTIONS

Good questions spark great conversations. It's not always about you. Build rapport and trust by asking others about themselves or about trending topics.

TIP: Look at your calendar and identify an upcoming event or big meeting. **List two really good and thoughtful questions you can ask someone to spark a conversation.**

4 LOOK THE PART

Look **your** part, not the same as everyone else. Bring authenticity into the way you present yourself to the public because authenticity breeds confidence. When you feel pulled together, professional and comfortable in your own skin, you feel good about the way you show up.

TIP: Find one hour this weekend to audit your closet. Are you missing any wardrobe staples? What would make you feel great walking into a room? **List it here and set a goal for having one.**

WHAT ELSE CAN YOU DO TO SHOW UP READY AND BRING AUTHENTICITY TO YOUR WORK?

Questions? Reach out to mgross@gemstrategiccomms.com or 617.543.6167 **Let me help you show up ready!**

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