

Women in Leadership Seminar Highlights

September 27, 2013



Topic: "Your Change Management Plan: How Leaders Can Reduce Stress, Increase Positivism, and Accomplish More"

Tricia Molloy, motivational speaker, mentor and author of *Working with Wisdom*, joined over 70 eager attendees this month at Women in Leadership to share her insights and wisdom on how to CRAVE your goals. In order to live a happier, healthier, more productive life Tricia suggested five tips to help you CRAVE your personal, professional - and even your "bodaciously bold" goals:

C – Clean out the Clutter

First, we must clean out the clutter that drains our energy, and gets in the way of our goals and dreams. There is physical, technical and emotional clutter in each of our lives that we must remove. If you let go a little at a time, you will increase both your energy and your clarity.

R – Raise your Energy

Next, to raise your energy, you should eat healthy, drink water, get enough sleep, and be active. However, it is also important to spend time doing things that make you happy. Enjoying a hobby, dancing, or spending time with positive people can help raise your energy.

A – Affirm Success

We must also affirm our own successes by being positive and in the moment. We speak to ourselves more than 10,000 times each day. Reframing how we speak to ourselves can help us feel better and reach our goals.

V – Visualize

Visualizing our goals is another integral step in achieving success. Tricia suggested creating a vision board to serve as a reminder of the goals you hope to achieve.

E – Express Thanks

Finally, by expressing thanks, we can create an attitude of gratitude that allows us to be thankful for what is and what will be. You can also transform challenging relationships by shifting from criticism to appreciation.

"What you think, feel, say to yourself and others, and what you believe creates your reality." – Tricia Molloy

For the latter half of this program, Tricia asked participants to share with the group one goal they determined to set based on the session. Participants' responses included:

- Clean desk clutter
- Envision my new job
- Keep a gratitude journal
- Start a vision board
- Envision my log cabin retirement home
- Clean technical clutter
- Exercise/yoga/go for a walk
- Start ballroom dancing
- Smile more
- Write handwritten thank-you notes
- Create an ideal "husband vision board"
- Get rid of my '90's clothing
- Say "I love to speak" as an affirmation