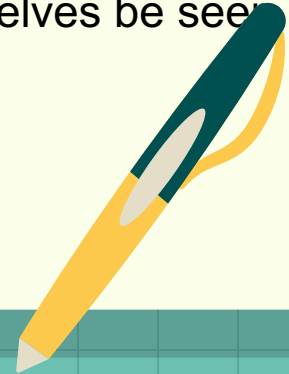




“Authenticity is a collection of choices that we have to make every day. It’s about the choice to show up and be real.

The choice to be honest. The choice to let out true selves be seen.”

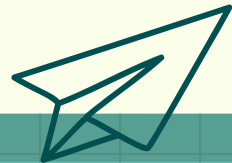
– Brene Brown





Stacy Brown-Philpot on Authenticity and Diversity in Tech and Business

<https://youtu.be/tW78ppAz2oM?si=BLKYp8CWK9SA3hGu>



SHAPING OUR CONVERSATION

SOUL SALT (MARCH 2021 ARTICLE)

Learning how to be your authentic self is an essential part of building meaningful relationships.

Authenticity happens when your words, actions, and behaviors consistently match your core identity.

Authenticity means having a keen awareness of who you are and what you stand for, and expressing yourself honestly and consistently to the world.

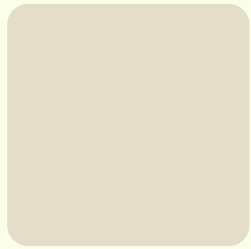
SPOILER ALERT: You cannot be authentic if you don't believe in yourself and your ability to share your life the way that you want it.

WHY IT'S IMPORTANT

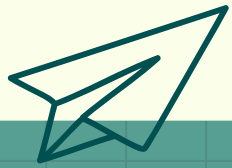


When you betray yourself to fit in, you wind up feeling isolated and alone - Lyn Christian

The more that people feel authentic, the greater their engagement at work, job satisfaction, and feelings of competence and good performance. - Journal of Happiness Studies.



Take a personal inventory



Turn & Talk



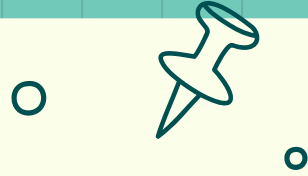
In situations where you feel authentic, what's going on?



- Who you're with
- What activities are involved
- Positive emotions or outcomes of these experiences



Masks Up!



Ask yourself when you are putting on a mask

When you take the time to distinguish between internal and external motivators, you can make decisions with more clarity. Ask yourself:

- Do I feel pressured by other people into taking this step? If so, by whom?
- What do I want to accomplish with this goal?
- Am I willing to fight through difficult obstacles to make this happen?
- Is this truly what I want? Listen to your gut. When you tap into your intuition, you may already know the answer deep down.

How do you bring your authentic self?




<https://www.betterup.com/blog/authentic-self>


8 strategies to develop authenticity

1. Define and embrace your strengths. ...
2. Explore your values. ...
3. Acknowledge external vs internal influence. ...
4. Notice and name your emotion. ...
5. Practice mindfulness. ...
6. Build your social support system. ...
7. Develop the courage to face your fears. ...
8. Take daily actions towards authenticity.



Keep in mind:

- 
- 
- 
- You don't have to share your whole life story
 - You don't have to connect with everyone on a deep, personal level
 - You don't need to share unfiltered opinions, perspectives, or comments that may be hurtful to others
 - You don't need to sacrifice your boundaries

A graphic of a spiral-bound notebook with a teal cover and a cream-colored page. The spiral binding is on the left side, with the wire looping through a series of holes. The page is slightly offset to the right, creating a shadow effect.

**Improving how you
communicate can have a
big impact on living your
authentic life.**

A decorative graphic on the left side of the page, resembling the spiral binding of a notebook. It consists of a series of dark teal, U-shaped loops stacked vertically, with a lighter teal shadow behind each loop.

Social Support System

BARBARA DE ANGELIS

We need to find the courage to say NO to the things and people that are not serving us if we want to rediscover ourselves and live our lives with authenticity.

Take inventory of your social circle from time to time and surround yourself with supportive people who lift you up. They can encourage you to shine as your true self.

Circles of Support

#1 - CIRCLE OF INTIMACY

This circle is made up of people we love - people we feel safe with, are vulnerable with - including very close family members and very close friends.

#2 - CIRCLE OF FRIENDSHIP

This circle includes people who are good friends - people we have coffee or tea with, go out to dinner with, spend social time engaging with.

#3. CIRCLE OF PARTICIPATION

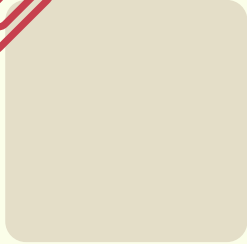
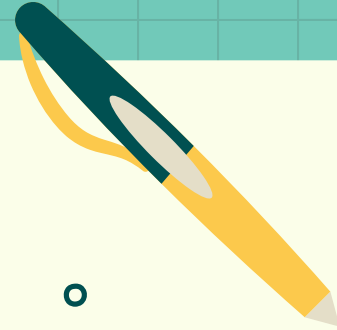
This circle comprises acquaintances from many different areas of our lives - school, work, church, social clubs. There's an opportunity for these people to move into the friendship or intimacy circles over time.

#4 - CIRCLE OF EXCHANGE

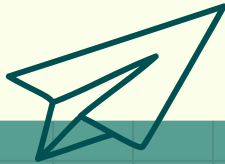
This circles includes those who are paid to be in our lives. Doctors, teachers, social workers, case managers, providers, etc. These relationships are purely transactional.

Circles of Support - Based on the work of Judith Snow, Jack Pearpoint, and Marsha Forest

Authenticity Moment



<https://www.vanityfair.com/video/watch/oprah-tom-hanks-more-stars-on-finding-their-authentic-selves>



RESOURCES

Christian, L. (2021, March 22). How to be your authentic self: 7 powerful strategies. SoulSalt. <https://soulsalt.com/how-to-be-your-authentic-self/>

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van den Bosch, R., Taris, T.W. (2014) Authenticity at Work: Development and Validation of an Individual Authenticity Measure at Work., *Happiness Studies*, 15, 1–18, <https://doi.org/10.1007/s10902-013-9413-3>

