

Women of CoreNet hosted an exceptional Zoom webinar on Wednesday, June 3rd entitled REsilience, REcovery and REcreate: Putting Your Best Assets to Work. The inspiring interactive program was moderated by Nancy Morse, Senior Managing Director, Global Corporate Services, Newmark Knight Frank and featured renown executive coach, Allison Tabor, Owner, Coppia Advisors and Author of Work Your Assets Off: Stop Working so Hard in Business and Life.

A dynamic speaker, passionate about her work, Tabor delivered an energetic presentation that included a meaningful group exercise designed to engage attendees. With conviction, she communicated her message: “If you work hard and smart, live passionately and gratefully, leverage your talents and those of others in doing so you will work your **Assets** off and live your best life!”

Here is a summary of key takeaways:

REsilience

American Heart Association’s CEO RoundTable report’s definition of resilience:

The ability to withstand, recover and grow in the face of stressors and changing demands

- Withstand = Deal with a challenge
- Recover = Bounce back (Including to levels better than pre-stressor)
- Grow = Thrive in the face of adversity

REcovery

How to Build Resilience and Recover

- Mindfulness / positive thinking
 - Look for the positive thread in challenges
- Compassion for Self and others
 - Ask yourself how would I support to a friend?
 - Extend that same compassion to yourself
- Focus
 - What is really important?
- Connection
 - More important now than ever
 - Find the right amount at the right time
 - Energy neutral or energy adding only
- Gratitude
 - Find what to be grateful for in the midst of challenges
 - “And” rather than “or” conversations (my life has been disrupted “and” I am grateful for...)

REcreate

Putting Your Best Assets to Work

- Many successful people feel frustrated and unfulfilled
- A crisis gives us an opportunity to examine what was working and what changes we want to make

Debunk Lies and Replace them with Truths

Lie #1: To get anywhere in life, you have to work hard.

Truth #1: Working your **Assets Off**, not working hard, leads to success (focus on your strengths.)

Lie #2: To get anywhere in life, you have to be good at everything (especially true for entrepreneurs).

Truth #2: It's better to get great at **Being You** than to be good at everything.

Lie #3: The F word, (Focus) is bad.

Truth #3: It is essential to **Focus** on cultivating your **Unique Strengths** (explore what they are for you and ask yourself if you are living in alignment with them).

Lie #4: You should treat others the way you want to be treated.

Truth #4: People want to be treated the way **They Want to be Treated** (we have a bias for our own style, find out what works for others).

Lie #5: Being great at what we do is enough.

Truth #5: People are hired because of their skills but fired for **Not Being Liked** (How can you be more likeable? Listen, everyone wants to be heard!).

Lie #6: We have to do everything ourselves.

Truth #6: Shift Happens when you leverage your team's strengths ($1 + 1 = 3$). Great leaders identify strengths within the team and make success reliant on them.

Lie #7: We can assume everything is fine.

Truth #7: It's important to know **What's Working and What's Not** (Reflect, Rethink, Revise – a very healthy practice).

Lie #8: Knowing how to do things is most important.

Truth #8: “How” is easy when you know your **“Why?”** (Recommends Simon Sinek's book Find Your Why and Ted Talk).

https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action?language=en)

Lie #9: Networking is a waste of time.

Truth #9: Networking is one of your **Most Valuable Assets** (Should be thought of as the beginning of forming relationships, focus on nurturing, pick up the phone without an ask, listen for how you can help).

Lie #10: Good things come to those who wait.

Truth #10: You **create** your own results (Combination of thinking, planning and acting **strategically** and provide yourself support).

Lie #11: You have to work hard in order to be happy.

Truth #11: Gratitude is the **Gateway** to happiness (Gratitude rewires your brain. Create a gratitude practice, recommends M.J. Ryan's book Attitudes of Gratitude).

Truth #12: Get your assets to work and **you will live your best life!**