

# The flow of the day and topics covered

## WORKSHOP AGENDA



### Morning Session

8:30-12:30

#### De-Mystifying Authenticity

- The seven elements of authenticity
- Coming to terms with the real you
- The power of personal conviction

#### The Impostor Syndrome

- Dr. Hillman shares his personal and professional experiences
- The symptoms, root cause and ways to beat it
- Connecting common experiences

#### Networking Break

#### Leaning into Vulnerability

- Confronting fears that impede your growth
- Making self-confidence real for you
- Lifting your personal and professional stretch

#### The Power of Frames

- The keys to self-awareness and personal growth
- Frames that enable and inhibit your authenticity
- Why you don't always have to be right

#### Joined by Guest Speaker

#### Lunch



### Afternoon Session

1:30-5:00

#### Fitting In, Standing Out

- Finding your own personal sweet spot
- Making it okay for others to be authentic
- Testing the volume on your own authentic voice

#### Authentic Leadership in Business

- Why authentic leadership matters
- How to build stronger connections
- A deeper understanding of trust

#### Networking Break

#### Making it Real for You

- Connections between authenticity, influence and leadership
- The beauty of integrity

#### Open Dialogue and Final Reflections

- Insights and commitments
- Letter to yourself (delivered in six months)