



grown woman wednesday

Power Playback Guide



Singlehandedly Courageous

featuring Ruth Rathblott

mini lessons. maximum impact.



what's grown woman life?

The mission of the **Grown Woman Life** platform is to support the journey of mature professional women, the bold, brilliant, and badass among us in living a proud, purposeful, and unapologetically life.

I have created Grown Woman Wednesday to provoke conversation, provide entertainment and inspire. Join us on LinkedIn live every Wednesday at 1:00 PM EST.



You will:

- Meet inspiring women who personify the principles of Grown Woman Life
- Hear stories of success and encouragement
- Learn best practices of Grown Woman Power Players
- Recieve a Power Playback guide providing you with tangible, actionable takeaways

Let's Connect!





THIS WEEK'S

*grown
woman
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Ruth Rathblott

"I believe we must unhide to bring our best selves forward and find personal and professional self-acceptance."



Ruth Rathblott is a passionate advocate for diversity and inclusion, with over 25 years of leadership experience in the non-profit sector. Born with a limb difference, she understands the challenges faced by individuals with visible and invisible differences. Ruth holds a Bachelor of Arts in Psychology from Goucher College and a Master of Social Work degree from Boston University. She is certified in Diversity, Equity, and Inclusion by the American Management Association, as well as in Myers-Briggs.



Driven by her personal journey, Ruth is dedicated to helping organizations expand their definition of diversity to be fully inclusive. She has been honored with prestigious awards, including the Goucher College Excellence in Public Service Award and the Smart CEO Brava Award. As a Board Member of The Lucky Fin Project, she actively contributes to empowering individuals with limb differences.



Ruth Rathblott's expertise and unwavering commitment are making a meaningful impact on fostering inclusivity within organizations and society at large.

Support Ruth by:

01



Follow Ruth on social. Join the Unhiding conversation on LinkedIn

02

Read Ruth's book, [Singlehandedly](#).
Check out her Ted Talk: [When I Stopped Hiding, I Found Freedom](#).

03

[Share your story](#) of Hiding and Unhiding

04

Connect Ruth with two DEI/HR workplace leaders in your network who want to expand the diversity conversation

LIVE on LinkedIn, Wednesdays at 1:00 PM EST EST.



THIS WEEK'S

*power
play*

YOUR POWER PLAY

Create your personalized Power Play by synergizing insights from the podcast, our Grown Woman Life principle and quote of the week. Use our session prompts and develop your unique strategy.

LEARN



LISTEN

Listen to our [Grown Woman Wednesday LinkedIn Live Session](#)

LEARN

Consider the quote, the power player's insight and the Grown Woman Life Principle

LISTEN



LEVERAGE

LEVERAGE

Create your personalized Power Play by answering the Power Playback questions.

This week's quote

When we "other" people with stereotypes, labels, and judgment, we make people feel that their experience doesn't matter." Ruth Rathblott

Grown Woman Life Principle

Right: Own your power and authenticity guilt free
Responsibility: Show up authentically. Make conscious choices and know that this choice is the best choice you can make at the time, and STAND firm. If it is a mistake, it is simply an opportunity to learn.

inspiring your bold, brilliant, badass self

Power Player

INSIGHTS

Ruth Rathblott, shares her journey as a woman with a limb difference and emphasizes the importance of embracing our unique differences.



EMBRACE YOUR UNIQUE GIFTS

Ruth highlights the power of embracing our differences, whether they are visible or invisible. By recognizing and celebrating our unique gifts, we can cultivate a career that aligns with our authentic selves.



AUTHENTICITY BREEDS CONNECTION

Hiding our differences can lead to a lack of connection and hinder our professional growth. By being unapologetically ourselves, we create opportunities for genuine connections and foster supportive relationships in the workplace.



LANGUAGE MATTERS

Using the correct language when discussing disability is crucial. It is essential to educate ourselves and stay updated with evolving terminology to avoid inadvertently causing harm or perpetuating stereotypes. Creating a safe and respectful language space is essential for fostering an inclusive and supportive work environment.



BUILD A COMMUNITY

Ruth encouraged us to seek out and engage with communities that support and celebrate their unique differences. Whether it's through organizations, like the Lucky Fin Project, or connecting with like-minded individuals, building a community can provide invaluable support and help us navigate our career journeys.

Power Player

PROMPTS

EMBRACING YOUR UNIQUENESS

Reflect on your own unique qualities, talents, and experiences. Consider how these aspects of your identity can be an asset in your career and personal life. Make a list of five unique qualities, talents, or experiences that make you who you are. How can you leverage these attributes to your advantage in your career? How can you celebrate and embrace these qualities in your personal life?

LANGUAGE MATTERS

Reflect on the importance of using the right language when discussing disability and other aspects of diversity. Consider how you can educate yourself and others on respectful and inclusive terminology. Research and learn about inclusive language to better communicate. Identify three specific terms or phrases related to disability that you previously may have used incorrectly or been unsure about. How can you update your vocabulary to ensure respectful and inclusive communication?

OVERCOMING HIDING

Hiding parts of ourselves can lead to feelings of isolation and disconnect. Reflect on areas of your life where you may be hiding or not fully embracing your authentic self. Focus in on one area specifically. What are some steps you can take to overcome the fear of judgment and allow yourself to be more authentic in that area? How can you create a supportive environment that encourages vulnerability?

TAKING ACTION FOR INCLUSION

It is not enough to have good intentions; we must take action to create a more inclusive world. Reflect on the specific actions you can take to advocate for disability inclusion. Brainstorm three actionable steps you can take to promote disability inclusion in your immediate environment. How can you use your own voice and platform to raise awareness and support positive change?

inspiring your bold, brilliant, badass self