



grown woman wednesday

Power Playback Guide



Nurturing The Heart

featuring Kristy Sidlar

mini lessons. maximum impact.



grown woman life

Mission & Vision



The mission of the [Grown Woman Life](https://www.grownwomanlife.com) 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

Grown Woman Wednesday

March 15, 2023 - Nurturing the Heart



"Self-care is not self-indulgence; it is self-preservation."

Audre Lorde

inspiring your bold, brilliant, badass self

Grown Women Choose Wisely

Grown women have the right to make themselves a priority

It is your responsibility to take time to consistently nurture yourself, and honor your body, mind, and spirit in a way that's genuine to you. To effectively take care of others, you have to take care of yourself, guilt free!



"Women tend to take care of everyone else before taking care of themselves. I am on a mission to help people understand how critically important it is to take care of all aspects of our wellbeing first - for our own fulfillment, and equally as importantly so we can be here for those we love."



Kristy Sidlar

Sales Professional, Author Surthrivor

Few people get a second chance at life. Kristy Sidlar is a shining example of what it means to go from exceptional health to near death to a SurThrivor - using her experiences to inspire people to take small steps for long-lasting change. Kristy is a heart transplant recipient, author, American Heart Association board member, and she is on a mission to save lives, influence healthy behavior.

Kristy is a 30-year staffing/recruiting/HR Tech veteran who is not shy about sharing that her favorite job at her all-time favorite company is her role leading partnerships at The Mom Project. Kristy splits her time between The Bay Area and the Detroit Area. She is a car enthusiast, and loves photography, birding, all things live music and spending time with family and friends.



support our power players

Kristy Sidlar

Buy her book

Pick up [Change of Heart](#) today.

Support the American Heart Association

Support the fight and make a donation to the [American Heart Association](#).

Learn from Kristy

Introduce Kristy to your ERG, benefits, and/or wellness leaders so she can use her story to inspire healthier choices.

Create Your Power Play



Listen to our Grown Woman Wednesday LinkedIn Live Session

Step 1



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

Step 2



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

Step 3

mini lessons, maximum impact

Nurturing The Heart

Take a moment to reflect on these key Power Playback Points; jot down your thoughts and how you might put them into practice. Make this your personalized Power Play!

Power Playback Point #1

What are three immediate actions you can take to choose your health?

Thoughts

Actions

Power Playback Point #2

What are three things you can do to take better care of your health?

Thoughts

Actions

Power Playback Point #3

How do you prioritize self care?

Thoughts

Actions

grown women grow one story, one step, one action at a time



grown woman life

Let's Connect!

