



grown woman wednesday

Power Playback Guide



Tackling Transitions

featuring Lauren Ashley

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

April 12, 2023 - Tackling Transitions



"Refuse to quit. This is the only way your efforts can become fully realized."

Unknown

inspiring your bold, brilliant, badass self

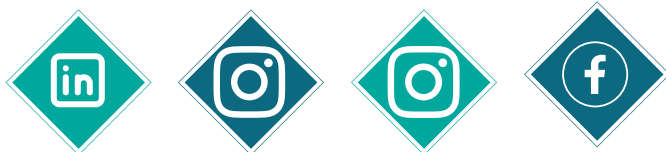
Grown Women Pivot Purposefully

You have the right to change your dreams, goals, and plans.

It is your responsibility to manage change and celebrate the pivot. Don't feel guilty or like a failure when dreams are deferred, changed, or evolved. Don't get stuck in your current situation because change is difficult. As life evolves, so do you.



“I believe when we live on purpose we have the power to unlock our full potential. I believe we need more whole-hearted and courageous women that are interested in unlocking the potential in themselves, others and changing the world for the better.”



Lauren Ashley

Professional Coach

Lauren is a connector, disruptor, and certified professional coach. Above all, she is a multi-passionate obsessed with supporting women in life transition, leadership, and success. Never following a straight path, Lauren has learned to harness the power of being a heart-centered, growth-minded, multi-passionate and wants to empower and inspire more women to do the same.

Her passions include people/connection, yoga, travel, health and wellness, nature, personal development, stories/storytelling, food, learning, female empowerment, music (especially live music)

The words Lauren lives by: Live on Purpose.

support our power players

Lauren Ashley

Support In Transition Podcast

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Follow @weare_catalyst for more details on the launch of Catalyst - a community with a mission to create an authentic, safe, and inclusive space for heart-centered, growth-minded, multi-passionate women to build meaningful relationships, learn from one another, and grow into the best version of themselves

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

Tackling Transitions

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

Do you effectively manage transitions? Why or why not?

Thoughts

Actions

Power Playback Point #2

What are some of the mistakes you have made when managing previous transitions?

Thoughts

Actions

Power Playback Point #3

How can you better prepare for your next transition?

Thoughts

Actions

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



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Let's Connect!

