



*grown woman wednesday*

# Power Playback Guide



## Speaking Truth to Power

featuring Torin Ellis

*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

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## Torin Ellis

*"Breaking traditional family roles, fathers can redefine the concept of being a supportive spouse in various ways. They can actively challenge outdated gender norms and actively participate as equal partners with their spouses."*



Torin leads a progressive boutique firm with a laser-like focus on diversity, equity, inclusion, and belonging (DEIB) strategy and risk mitigation. He embraces a collaborative approach built on transparency, actionable strategy, and rigorous performance monitoring. It's why some of the world's most forward-thinking companies have trusted him to make DEIB promising and not punitive. Torin is a trusted Practitioner and former Executive Producer and Host of Career Mix, a weekly show on SiriusXM. His voice has also become requested and trusted by some of the biggest conference organizers in the US and abroad.



He is an advocate of "activist-like efforts". He is an author of Rip The Resume and has been recognized by Technical.ly as one of "10 Baltimore tech and entrepreneurship leaders who should run for mayor," signaling his lighter side.



Torin uses his 20+ years of experience to marry the business methodology of diversity and inclusion with the social impact, thereby changing the world.

### Support Torin by:

01



Follow Torin on social

02

Connect [Torin](#) with thought leaders with an opinion regarding diversity in non traditional corporate spaces, aerospace, education, finance, healthcare, sciences, transportation, and beyond.

03

Help Torin amplify the initiatives of [Dr. Hadiyah Green](#) and consider supporting the [Ora Lee Cancer Research Foundation](#).



**THIS WEEK'S**

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# 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

"What keeps the pay gap in existence is not just the entitlement and complicity of men, it is the gratitude of women." Abby Wambach

Grown Woman Life Principle

**Right: Your purpose is defined by passion**  
**Responsibilities: To live a life where your time and actions are directly related to the things for which you are most passionate.**

*inspiring your bold, brilliant, badass self*

# Power Player

## INSIGHTS

Jay Graves shares insights on organizational excellence, diversity, and inclusive leadership, and the importance of advocating for policies that support women's work-life balance.



### RECOGNIZE AND UTILIZE PRIVILEGE

Recognize your privilege and use it to advocate for marginalized groups. Utilizing your privilege is an important step in creating a more equitable workplace for everyone.



### CREATE SAFE SPACES

Men can play an important role in creating safe spaces for women in the workplace. Men advocating for women can make a significant difference in the work environment.



### SPEAK YOUR TRUTH

Empower yourself and speak your truth. You may have to make sacrifices along the way, but your voice may be an inspiration for others to do the same.



### FIND SUPPORT

Cultivate a supportive community around you. Having people who encourage, respect, and affirm you can make all the difference in your career and personal life.

# Power Player

## PROMPTS

### PRIVILEGE CHECK-IN

Take stock of your own privilege in various aspects of your life. Who do you have access to that others might not? Where are you afforded more opportunities? Reflect on how this privilege can be put to work to help marginalized groups.

### SAFETY CHECK-UP

Think about your work environment. Do you feel safe there? Have you heard colleagues express concern about their safety? If so, what could you do to help create a safer space for everyone?

### SPEAKING YOUR TRUTH

Reflect on a time when you may have been hesitant to speak up about an issue in your career or personal life due to fear of repercussion. What was the outcome of remaining silent? How can you empower yourself and speak up in the future?

### CREATING COMMUNITY

Who is in your support system? Think of ways you can cultivate deeper connections with those around you who can support you and hold you accountable in achieving your goals.

*inspiring your bold, brilliant, badass self*