



grown woman wednesday

Power Playback Guide



Bridging the Belonging Gap

featuring Dawn Christian

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
power
player*



Dawn Christian

"BeComing makes space for your lived experience, your story, and your values to create the pathways for personal and professional growth."



Dawn E. Christian is the CEO and Founder of [Belong by Dawn Christian®](#), a leadership consultancy founded on the principles of Belonging as the core foundation of Inclusion, Diversity, Accountability, and Social Impact (IDEAS) practices.



Dawn is a sought-after speaker, IDAS advisor, Coach, and podcast contributor. She is a Fellow at the Institute of Coaching at McLean Hospital, Harvard Medical School, holds an MBA from Cornell University, a BA in Sociology from The University of California at Berkeley, and a Diversity & Inclusion Leadership certificate from Cornell University's International Labor Relations School.



Inspired by two decades of corporate experience—often being the “only one in the room”—her methodology is anchored on a simple concept: I belong where I am. As I am... This is her personal mantra which also serves as the charter for the birth of the company namesake.

Support Dawn by:

01



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[Subscribe to Dawn's page](#) and receive a 15 minute consultation

03

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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

"Being truly seen and accepted is the goal. It's about belonging." Ruth Rathblott

Grown Woman Life Principle

Grown Women Operate Unapologetically
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

Believing you belong in the room is crucial for cultivating a proud, purposeful, and unapologetic career.



EMBRACE YOUR AUTHENTICITY

Belonging starts with being true to yourself. Embrace your unique experiences, perspectives, and qualities. Show up as your authentic self, not just what is expected or appropriate. By bringing your authentic self to the table, you can make a place more dynamic and meaningful.



BE BRAVE AND COURAGEOUS

Cultivating a proud, purposeful, and unapologetic career requires courage. Be brave enough to apply for that job, take on new challenges, and advocate for yourself and others. Remember, courage can be as simple as taking a step outside your comfort zone.



CREATE SPACE

Belonging is not about assimilating to be like everyone else. It's about creating space for yourself and others to thrive. By making space for yourself, you can also create opportunities for others and break down discriminatory barriers. Promote inclusivity by being willing to be uncomfortable and making space for those who may not have the same privileges.



PRACTICE SELF-REFLECTION

Take the time to assess your purpose, motivations, and values. Understanding yourself on a deeper level can help guide your career choices and approaches to interviews. Self-reflection also allows you to stay aligned with your true self and make decisions that bring you closer to your proud and purposeful career.

Power Player

PROMPTS

PRACTICE BELONGING

The concept of belonging requires a mental practice and an exchange. Reflect on your own beliefs about belonging and what it means to you. How do your thoughts and narratives shape your sense of belonging? Are there any limiting beliefs that prevent you from fully embracing your own sense of belonging?

COURAGEOUS CONVERSATIONS

Think about a time when you had a courageous conversation that helped you further align with your values and create a sense of belonging. What opportunities or challenges arose as a result of that conversation? How did it impact your growth and the community around you?

CREATE SPACE FOR OTHERS

Reflect on how you can actively create space for others to belong in your workplace or community. What actions can you take to advocate for inclusivity, diversity, and accountability? How can you use your voice and influence to be a catalyst for positive change? Journal about specific strategies you can implement to foster a more inclusive environment.

ALIGNING PURPOSE AND CAREER

Take some time to assess your own purpose and motivations. How do they align with your current job or career path? Are there any areas where you feel a disconnect? Reflect on what changes or adjustments you can make to ensure that your career aligns more closely with your purpose. Consider how this alignment can contribute to a greater sense of belonging and fulfillment in your professional life.

inspiring your bold, brilliant, badass self