



grown woman wednesday

Power Playback Guide



Grown Women Choose to Leap

featuring Jess Galica

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 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
- Receive a Power Playback guide providing you with tangible, actionable takeaways

Let's Connect!





THIS WEEK'S

*grown
woman
power
player*



Jess Galica

"Women need new narratives, now more than ever."

From Jess' book: Leap: Why It's Time To Let Go To Get Ahead In Your Career



Jessica Galica is the bestselling author of Leap: Why It's Time to Let Go to Get Ahead In Your Career.



Before publishing Leap, Jess spent 15 years building a successful corporate career at some of the world's most prestigious companies like Apple, Bain, and Siemens. In 2020 she began researching and writing about women's experiences in the workplace, as she craved a more authentic and purposeful career after stepping into motherhood.



Today Jess works with women interested in making career changes, hosts the "Reclaim Your Career" podcast, and speaks to organizations about building meaningful careers, advancing women, and the delicate balance between life and work. She holds an MBA from MIT's Sloan School of Management and lives in Boston where she is a mom to two young children.



Support Jess by:

01



Follow Jess

02

By Jess' book, [Leap: Why It's Time To Let Go To Get Ahead In Your Career.](#) [Make](#) sure to leave a review.

03

[Apply for 1:1 Coaching](#) with Jess

A woman with curly brown hair, wearing black-rimmed glasses and a white top, is smiling and writing on a document with a grey pen. The background is a bright, slightly blurred kitchen with light-colored cabinets and a window with a green-tinted view. The text 'THIS WEEK'S' is in a bold, dark blue, sans-serif font, and 'power play' is in a red, cursive script font. A thin black horizontal line is positioned below the text.

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

"We are unlocking what we've always had the capacity to do: break free from traditional narratives of success to start writing our own stories." Jess Galica

Grown Woman Life Principle

Pivot purposefully

Right: To change your dreams, goals, and plans.

Responsibilities: 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.

inspiring your bold, brilliant, badass self

Power Player

INSIGHTS

Jess Galica shares insights on how women must reframe how they view their careers.



CRAFTING A MISSION STATEMENT

Jess suggests that women create a mission statement for their careers. Similar to business mission statements, a personal mission statement helps define one's purpose and objectives. It provides clarity and guides decision-making along the career journey.



STEPPING OFF THE LADDER

Jess challenges the traditional notion of success and encourages women to consider alternative paths. Stepping off the ladder doesn't always mean taking a step back; it can be a slingshot forward. Embracing change and thinking outside the box can lead to tremendous growth and fulfillment.



CHANGE AS A STRATEGIC LEVER

Change is inevitable in today's career landscape. Jess emphasizes that women should view change as a strategic lever for growth. Starting small and building change muscles gradually can help individuals become more comfortable with change and seize new opportunities.



EMBRACING PROUD IMPERFECTION

Jess challenges the pressure on women to strive for perfection. Instead, she encourages women to focus on being proud rather than perfect. Letting go of the illusion of perfection allows us to create a career and life we can truly be proud of.

Power Player

PROMPTS

STEPPING OFF THE LADDER

Reflect on your current career trajectory. Are you feeling fulfilled and challenged? If not, what changes could you make to explore new opportunities and experiences? Describe how taking a leap or making a strategic career change could potentially propel your growth and success.

EMBRACING CHANGE AS A STRATEGIC LEVER FOR GROWTH

Identify one area in your career or life where you have been resistant to change. What are the underlying reasons for your resistance? Outline three concrete steps you can take to start embracing and leveraging change to enhance your personal and professional growth.

DEFINING SUCCESS ON YOUR OWN TERMS

Reflect on your current definition of success. Is it aligned with your values, passions, and aspirations, or is it influenced by external factors? Write down three actionable steps you can take to align your career and life choices with this new definition.

BUILDING CHANGE MUSCLES

Identify one area in your life or career where you feel resistant to change. Start by taking a small step towards embracing that change. Then, set a goal to take another incremental step outside your comfort zone and write down three strategies you can employ to build your change muscles.

inspiring your bold, brilliant, badass self