



grown woman wednesday

Power Playback Guide



Power Mom - Advocate

featuring Christine Ramsay

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

Let's Connect!





THIS WEEK'S

*grown
woman
power
player*



Christine Ramsay

"Embrace the beautiful human you are and fully live presently in your journey of connecting and belonging to yourself so you can, in turn, share your bright light and create a world filled with love."



Christine Ramsay is a connector, storyteller, and cross-cultural inclusive leader whose superpower is empathy.



She is Head of DEI and Intercept Pharmaceuticals and Founder of Ignite Inclusion whose mission is to help organizations and individuals become conscious leaders who discover their potential by building habits that create life-work flow.



She is a Certified Happiness and Leadership Coach, Tedx and international motivational speaker, International Author of Anthology "Your Life is Worth It". Christine has multiple certifications and is parent advocate for Gender inclusion, Autism & Neurodiversity, Well-being and Happiness.



She has been named Top 50 Global Neurodiversity Evangelists by Neurodiversity World and received the 2023 Diversity Leadership Award from Pennsylvania State University from the Smeal College of Business.

Support Christine by:

01



Follow Christine on social.

02

Christine Ramsay is a dynamic motivational speaker whose insightful messages explore the intricacies of both belonging and mental health, as well as the importance of embracing neurodiversity. [Spread the word.](#)

03

Visit [Christine's website](#) and download her Positive Affirmation guide.

YOUR POWER PLAY



Step 1

Listen to our Grown Woman Wednesday LinkedIn Live Session



Step 2

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



Step 3

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

This week's quote

“The fastest way to break the cycle of perfectionism and become a fearless mother is to give up the idea of doing it perfectly—indeed to embrace uncertainty and imperfection.”

Arianna Huffington

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.

Prompts

Thoughts/Actions

Why is inclusion and acceptance an important mom skill



What challenges might you be facing as a working mom at work feeling included?



How does happiness play a role in your career success?



inspiring your bold, brilliant, badass self