



*grown woman wednesday*

# Power Playback Guide



## Power Mom - Founder

featuring Caitlin Iseler

*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*

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## Caitlin Iseler

*"At 41, I'm so glad to be in my skin, to be confident in my voice and my heart that leads me to get to live the life and do the work on my terms. I believe that life gets better with each day and experience. "*

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Caitlin Iseler is the Founder, CEO and Chief People Officer of Happyly, helping companies bring people together through volunteering and healthy activities that support connection, wellness and the business. After 15 years in executive search, most recently as a partner at Korn Ferry, Caitlin learned (many days the hard way) that her time and life outside of work fueled life at work in so many ways. She learned that if she was active, of service to her community (whether that be colleagues, friends or family), and present, she could show up better. These changes and deliberate use of time resulted in greater opportunity to go back to work with the fuel and energy to do exceptional work.



Through her own journey to find wellness after burnout, Caitlin has dedicated her life and work to creating a company that supports, nourishes and embraces the whole human both for Happyly and for their corporate partners too.



Imagine a world where spending time with colleagues beyond the slack, zoom and office typical work day lit you up, made you feel mentally and physically well? That's the world we are on a mission to support and create every day at Happyly.

### Support Caitlin by:

01

Be part of the change for the workplace and how we gather - try a volunteer event instead of happy hour, a walk instead of a meal and tell us how it felt.

02

If your company is looking for creative and impactful ways to bring your team together, check out our app and services, we would love your feedback

03

If you're passionate about this topic or struggling with burnout, I'm here and would love to meet you and be in community together to define the future of work and life

# 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

"There's something really empowering about going, 'Hell, I can do this! I can do this all!' That's the wonderful thing about mothers, you can because you must, and you just do." Kate Winslet

### 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

How does your mental and physical health effect your on the job performance?



What does your support circle look like?



Do you feel your work as a mom is respected by your work colleagues and peers? Why or why not?



*inspiring your bold, brilliant, badass self*