



grown woman wednesday

Power Playback Guide



**Micro Is the New Macro:
Building a Purposeful Life**

featuring Andre Blackman

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

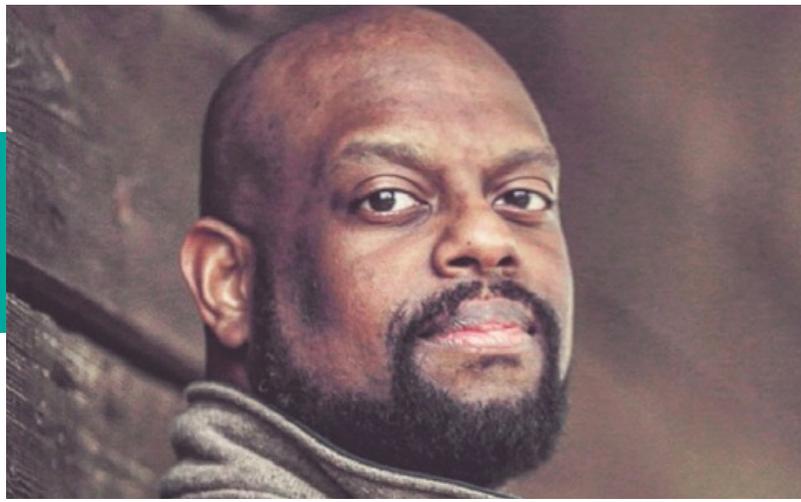
Let's Connect!





THIS WEEK'S

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power
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Andre Blackman

"Micro is the new macro." -- it's in the small, consistent things do the bigger things come into existence. This is especially helpful with fatherhood and not trying to boil the ocean but consistently showing up for your kids and doing well with the small things (they don't forget it)."



André is the Founder and CEO of Onboard Health, a specialized executive search and advisory firm focused on creating a more inclusive future of health.



A pioneering strategist with deep ties across the healthcare innovation, startup and digital strategy landscapes — André is dedicated to building the future of health through an equity lens.



His work and insights have been featured in Fortune, Forbes, NPR, CIO, Reporting on Health, U.S. News and World Report. He was recently named a Fortune Magazine 2020 40 Under 40 in Healthcare.

Support Andre by:

01



Follow Andre on social

02

If you're an underrepresented healthcare leader or innovator who wants a coach knowledgeable about the industry and the importance of alignment, [contact Andre](#).

03

If you're in healthcare impact & innovation and are looking to hire with a focus on equity and inclusion, [contact Onboard Health](#).

04

[Subscribe to Andre's Substack](#) to read more on alignment and impact.



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



LEVERAGE

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

LEVERAGE

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

This week's quote

"The picture of leadership is not just the man at the head of a table, it is also every woman who is allowing her own voice to guide her life and the lives of those she cares about." 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

Small actions shared by Andre Blackman can be key in building a proud, purposeful and unapologetic life.



PRIORITIZE YOURSELF

Prioritize yourself to show up in the world: Prioritizing oneself is not selfish. It allows us to show up as our best selves and create the life we want.



COMPOUNDING IMPACT

Small, consistent actions create a compounding impact: Consistency in taking small steps toward a goal can lead to a big impact over time. It's important to focus on the process rather than the end goal.



PARTICIPATE

Use your voice to speak up and lift others: Women have a powerful voice and platform to create change. It's crucial to use our voices to speak up and lift others for a better community.



RENEW

Set non-negotiable priorities and boundaries to take care of oneself and manage mental health properly. Renewing your mind around your why is necessary to build and maintain boundaries for a purposeful and unapologetic career.

Power Player

PROMPTS

SMALL STEPS

Reflect on a recent goal or project you accomplished. Did you take consistent small steps or try to tackle everything at once? How did that approach affect your progress and eventual outcome? Consider incorporating consistent, small actions into your daily routine to accomplish your goals with less stress.

BOUNDARIES

Think about the limits you set on your time, energy, and availability. Are you prioritizing things that align with your values or just saying "yes" to everything being asked of you? Identify areas where you can set firmer boundaries to protect your mental health and focus on what matters most to you.

REFLECT ON YOUR NORMS

Reflect on your experiences with gender norms and how they've impacted your life. Consider ways to help normalize career options for women, whether it is mentorship, creating opportunities or amplifying their achievements.

RENEW YOUR WHY

Reflect on your goals and why you started pursuing them. Renew your motivation by revisiting these reasons and setting small weekly goals to keep you motivated and celebrate each accomplishment along the way.

inspiring your bold, brilliant, badass self