

## **Illuminating Veterinary Women's Retreat**

**Your authentic-self, let it #JustSHINE**



**Previous Title: Declassified: The secrets to building unstoppable self confidence**

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### **Learning Objectives:**

- 1) Unearthing your authentic self isn't easy
- 2) Outline 4 unconscious habits sabotaging career
- 3) Tools to move past sabotaging habits into a space of authentic self-confidence

Unearthing your authentic self isn't easy. It doesn't happen in a day, and a pill won't cure you. It requires self-discipline, courage, persistence, an unbreakable dedication to yourself, and radical responsibility for your thoughts and behaviors. You'll be tempted to quit. You won't want to do the work because old habits are hard to change, but in order to reveal your true self and a confidence that is based upon who you are and not what you do, your desire for confidence must outweigh a desire to be comfortable.

In this lecture, we will discuss 4 unconscious habits that homo sapiens unknowingly engage in daily - these silent saboteurs keep veterinary professionals locked in a cycle of self-sabotage and burnout. These saboteurs include the inner critic, comparison, the expert mindset, and fear of what others think. Attendees will learn where these habits came from, how we perpetuate them, and most importantly, how to move past them into a space of authentic self-confidence.

Attendees will move through exercises to identify and cull psychological behaviors and habits that keep people from following their dreams, taking smart risks, and believing in themselves. In addition, attendees will be guided through applicable tools that can be used to replace previous self-sabotaging mental and emotional habits.

Additional tips for cultivating a space to support your authentic self in personal and professional relationships:

- Mind your company - attendees will learn how you are the average of the company you keep. Choose wisely.
- Mind your media - consuming the 24 hour fear-based news cycle can sabotage confidence and breed fear and anxiety and scrolling on social media can lead to

imposter syndrome and life comparison. Attendees will learn how to moderate media consumption, understand imposter syndrome, and develop strategies to mindfully choose which media to consume.

- Mind your self-talk/internal dialogue - The greatest self-confidence saboteur is usually our own inner voice. Inside every person resides several voices, including the victim and the judge. We have to choose who to listen to. Attendees will learn how to identify negative self-talk and choose different ways of self-communication that bolster confidence levels in challenging situations.
- Mind your meat skeleton - Our bodies are intelligent machines, and we need to treat them as such. In her 2014 TED talk, neuropsychologist Amy Cuddy shared her study results, where posture and power poses affect testosterone and cortisol levels, the hormones of confidence and stress. In addition to posture, diet, stress management, and exercise, cultivating positive self-talk toward the body you are driving is critical to promote health and wellness and reduce burnout and compassion fatigue.
- Mind your mindset - Developing a growth mindset is critical to reaching our potential and goes hand in hand with higher self-confidence. What if you could break all the limiting beliefs that you hold about yourself and who you could be? Veterinary medicine tends to exacerbate self-confidence sabotaging perfectionistic tendencies in highly intelligent, sensitive people. We will learn how to switch our mindsets on all things threatening, including setbacks, criticism, struggles, and challenges.

***Change your mindset, change your life.***