

Insights from Attendees

- ❖ “That it is important to be self-aware and spend time understanding self. Leads to self-growth and confidence. Also important to remain humble.”
- ❖ “I appreciated the point that no matter your role it's important to be self-aware, and this gets more important the higher the role in your organization.”
- ❖ “Excited to read Dr. Tasha Eurich's book”
- ❖ “Pairing self-awareness with self-acceptance.”
- ❖ “Holding on to the past can have an effect on one's self-awareness.”
- ❖ “People can ONLY be good at their practicing skills of self-awareness as they are self-aware.”
- ❖ “Men and women are equal when it comes to being self-aware. In other words, there is no gender difference in whether men or women are more self-aware. However, it was extremely interesting to me that Dr. Eurich's studies showed that women feel more pressured about how their actions affect others.”
- ❖ “To be more aware of feedback coming from others that may have an agenda.”
- ❖ “The talk about being honest about your weaknesses and not following the fake it 'til you make it way was pretty insightful.”

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Upcoming Events



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February 2

How to Build Company Loyalty through Professional Development - Workforce Training Fund Program | East Longmeadow, MA | 7:30am – 9:30am
<https://strategic-alliances-wtf.eventbrite.com>

February 8 Confidence Changes Everything

with Roxanne Kaufman Elliott | East Longmeadow, MA | 9am – 12pm
<https://www.eventbrite.com/e/confidence-changes-everything-tickets-39362523367>

March 2 Free live web interview with Linda Galindo | 12pm – 12:30pm

<http://sa.baypath.edu/webinar-linda-galindo>

March 16 Empathy in the Workplace

with Dr. Joann Farrell Quinn | East Longmeadow, MA | 9am – 12pm
<https://www.eventbrite.com/e/empathy-in-the-workplace-tickets-39359769129>

March 21 Free live web interview with Cy Wakeman | 1pm – 1:30pm

<http://sa.baypath.edu/webinar-cy-wakeman>

April 6 Women's Leadership Conference | Springfield, MA

www.baypathconference.com