

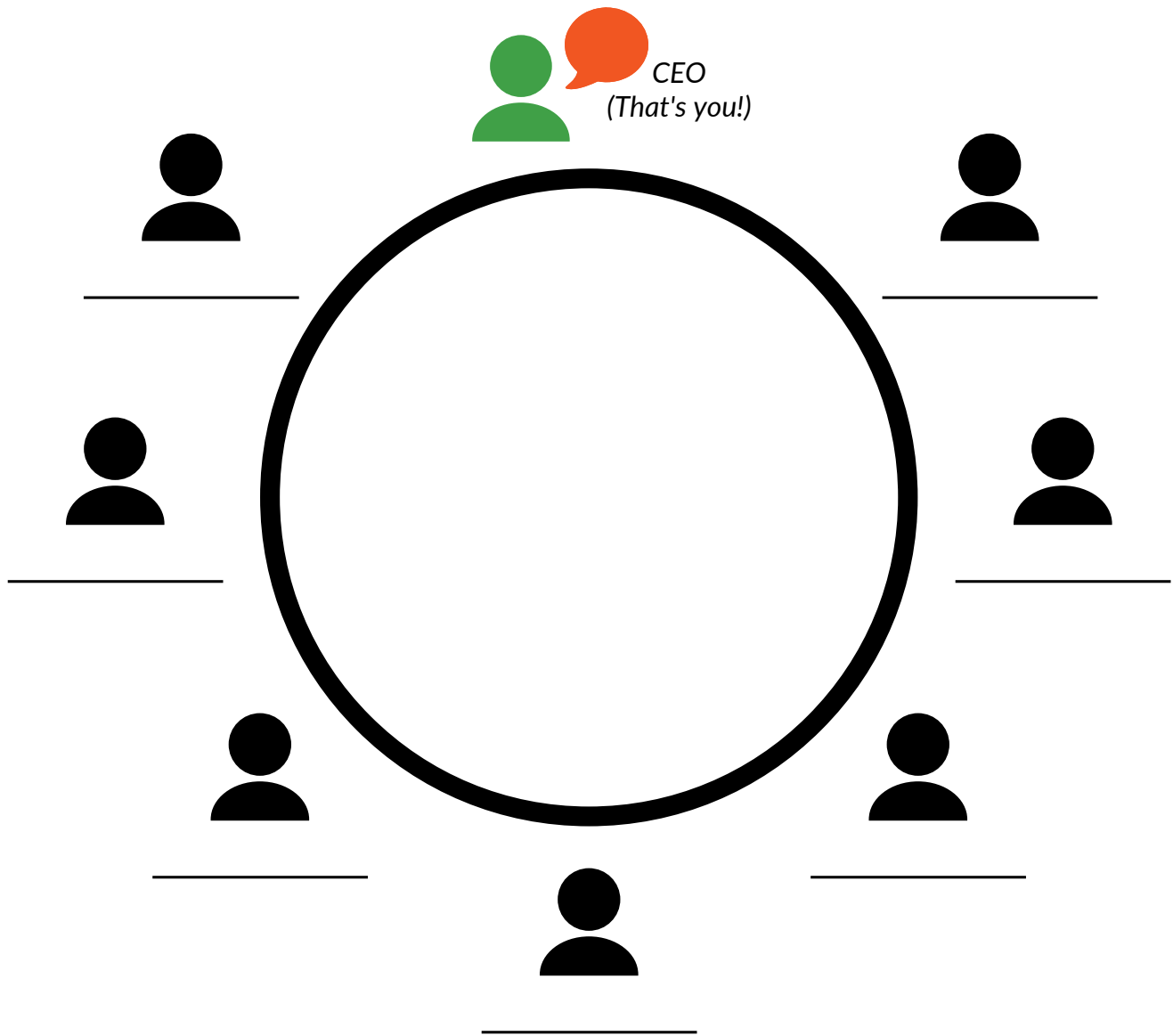


PERSONAL BOARD OF ME

When a CEO of a company needs help, they go to their Board of Directors, which consists of trusted advisors. It is important for all of us to have go-to people in our lives who can help us with certain problems. Who are your trusted advisors? Friends? Family members? Teachers?



Identify current and potential advisors for your Board of Me. Tell these people that you have identified them as advisors and cultivate these connections.



Based upon *The Myth of the Nice Girl* by Fran Hauser

DEVELOP EVIDENCE-BASED CONFIDENCE

To make tough decisions, you need to have the confidence that you are capable of making a smart, informed, and effective choice. True confidence isn't something that you are simply born with. You develop confidence by paying close attention to your successes in life and how you accomplished them.



WHEN HAVE I DONE SOMETHING DIFFICULT... AND SURVIVED?

WHEN HAVE I MADE WISE CHOICES?

WHAT PROCESS HAVE I USED WHEN MAKING SUCCESSFUL DECISIONS?

BUILD YOUR NETWORK

Networking is a crucial skill for professional and personal success. Yes, it can be intimidating and takes time, but it truly matters. Are you unsure about what you want to study in school? Looking for a summer internship? Your goal for the next year is to have one networking meeting a month.



INSTRUCTIONS

1. Using the word bank, pick 12 themes to help narrow down who you should meet with. Write the theme in the month box.
2. Plan who you will meet with each month. Need connections? Ask a family friend, parent, mentor, sibling, or teacher if they can connect you OR take a chance and send an email!

WORD BANK

Coach, Mentor, Old Friend, Camp Counselor, STEM Field, Finance Field, Legal Field, Non-profit Field, Family Friend, Classmate, Teammate, Parent's Co-worker, Neighbor, Local Business Owner, Wellness Coach, Local Leader, School Counselor, Teacher. *Add your own!*

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY

FEBRUARY

MARCH

APRIL

MAY

NICE GIRL TIP

Networking is not selfish and you are not using anyone. Networking is about human connection and is a two-way street. Be prepared to help those you speak as well.

MORE TIPS

1. Always meet in a public place.
2. Do your homework on the person (Google, LinkedIn, etc.)
3. Have 3 conversation starters ready.
4. End the meeting by asking if you can be helpful.
5. Make sure that you are meeting with a diverse group of people (i.e. age, gender, race, etc...)

PHRASES TO KNOW

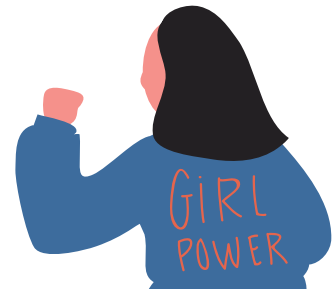
Open-ended networking: Building your web of connections.
Purposeful networking: Identifying the person with n your web that can help you get what you need.

Based upon *The Myth of the Nice Girl* by Fran Hauser

LET FAILURE FUEL YOU: TAKING RISKS

Congrats!! You've earned a F.A.I.L. certificate (First Attempt In Learning)

Sometimes you win. Sometimes you learn. Don't let the fear of failure hold you back. The Harvard Business Review found that women were far less likely to apply for a leadership role if they had been turned down for a similar role in the past. Take risks and let failure fuel you.



HOW DID I FAIL TODAY?

WHAT DID I GAIN FROM THIS EXPERIENCE?

IF I COULD GO BACK IN TIME, WHAT WOULD I DO DIFFERENTLY?

WHAT WILL I DO DIFFERENTLY NEXT TIME?

Based upon *The Myth of the Nice Girl* by Fran Hauser

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ACTIVITY BOOK

Based upon *The Myth of the Nice Girl* by Fran Hauser

In *The Myth of the Nice Girl*, Fran Hauser deconstructs the negative perception of "niceness" that many women struggle with.

Hauser proves that women don't have to sacrifice their values or hide their authentic personalities to be successful. Sharing a wealth of personal anecdotes and time-tested strategies, she shows women how to reclaim "nice" and sidestep regressive stereotypes about what a strong leader looks like.



The Myth of the Nice Girl
Pushover
Ineffective Weak
Mediocre Pleaser
Bland Achieving a Career You Love
Without Becoming a Person You
Selfish Rude Hate
Abrasive Arrogant
Brash Fran Hauser

Top Business Book of the Year on Audible

"Yes, ambitious women can achieve satisfying careers of power and leadership without sacrificing kindness - by using it, in fact."
PEOPLE magazine

"Fran Hauser redefines our outdated notions of what a powerful leader should look like."
Arianna Huffington

Connect with Fran at
FranHauser.com

Meet Fran at our annual *She is Rising: Virtual Arts Benefit* on May 31st from 2-4PM on Zoom courtesy of Carriage Barn Arts Center!

REGISTER at golivegirl.org/2020-arts-showcase

ABOUT LIVEGIRL

Founded in 2014, LiveGirl is a New Canaan-based nonprofit organization that builds confident leaders. LiveGirl's mission is to empower and equip the next generation of brave, inclusive leaders with the skills, community, and connections so that ALL girls may thrive and make a positive impact on the world. LiveGirl provides year-round, free-of-charge leadership development and mentoring for girls in grades 5-12 proven to build self-esteem, social emotional intelligence, and foster diversity. To date, LiveGirl has served over 5,000 young women statewide in Connecticut.

Join Our Movement @goLiveGirl

