

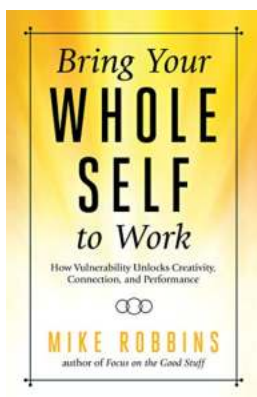
Bring Your Whole Self To Work: Unlocking Your True Potential

Are you tired of putting on a mask every day and pretending to be someone you're not at work? Do you feel like you're hiding a part of yourself just to fit into the corporate culture? It's time to bring your whole self to work and unleash your true potential!

What does it mean to bring your whole self to work?

Bringing your whole self to work means being authentic and true to who you are, both professionally and personally. It means embracing all aspects of your identity, including your values, beliefs, passions, and interests, and integrating them into your work life. Instead of compartmentalizing your life into work and non-work sections, you integrate them seamlessly, allowing your genuine self to shine through.

Many organizations emphasize the importance of diversity and inclusion, but without creating an environment that supports individuals in bringing their whole selves to work, those efforts fall short. By encouraging authenticity and creating a safe space for individuals to be themselves, companies can unlock the full potential of their employees.



Bring Your Whole Self To Work: How Vulnerability Unlocks Creativity, Connection, and Performance

by Mike Robbins (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 2431 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 220 pages



The benefits of bringing your whole self to work

1. **Enhanced creativity and innovation:** When individuals are encouraged to express themselves authentically, they bring their unique perspectives and experiences to problem-solving. This leads to increased creativity and innovation within the organization.
2. **Increased job satisfaction and engagement:** When employees feel valued for who they truly are, they are more likely to be satisfied with their work and feel a greater sense of purpose. This, in turn, leads to higher levels of engagement and productivity.
3. **Improved workplace relationships:** Authenticity fosters genuine connections between coworkers. When individuals are open about their experiences, strengths, and weaknesses, it creates an environment of trust and support, leading to stronger relationships and better collaboration.
4. **Personal growth and development:** By embracing your whole self at work, you give yourself the opportunity to continually learn, grow, and develop. You can tap into your unique strengths and talents, building a fulfilling career that aligns with your values and aspirations.

Tips for bringing your whole self to work

1. Reflect on your values and passions: Take some time to understand what truly matters to you and what brings you joy. Identify the values and passions that define you as an individual. This self-awareness will help you integrate these aspects into your work life.

2. Communicate openly and honestly: Be willing to share your opinions and perspectives openly and honestly, while also being respectful of others. Expressing your thoughts helps build trust and encourages others to do the same.

3. Embrace your strengths and weaknesses: Acknowledge both your strengths and weaknesses. Embracing your weaknesses allows you to seek support and learn from others. Celebrating your strengths helps you leverage them to excel in your professional endeavors.

4. Seek support: Surround yourself with colleagues and mentors who support your authenticity. Having a strong support system will help you navigate any challenges that arise from bringing your whole self to work.

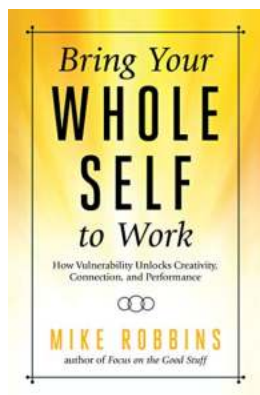
5. Advocate for change: If your workplace does not yet support the concept of bringing your whole self to work, be an advocate for change. Start conversations, share ideas, and collaborate with others to create a more inclusive and authentic work environment.

The journey towards authenticity

Bringing your whole self to work is not an overnight transformation. It's a journey that requires self-reflection, courage, and practice. It's about embracing vulnerability and taking risks to share your true self with others.

Remember, you have the power to shape your work environment and create a space where authenticity is celebrated. By bringing your whole self to work, you not only unlock your true potential but also inspire others to do the same.

Bringing your whole self to work is a powerful concept that fosters diversity, inclusion, and personal growth. By embracing authenticity and creating a safe space for individuals to be themselves, organizations can unlock the true potential of their employees. So, let go of the mask and step into your authentic self - your work and your life will be richer for it!



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In today's work environment, the lines between our professional and personal lives are blurred more than ever before. Whatever is happening to us outside of our workplace — whether stressful, painful, or joyful — follows us into work as well. We may think we have to keep these realities under wraps and act as if we “have it all together.” But as Mike Robbins explains, we can work better, lead

better, and be more engaged and fulfilled if —instead of trying to hide who we are —we show up fully and authentically.

Mike, a sought-after motivational speaker and business consultant, has spent more than 15 years researching, writing, and speaking about essential human experiences and high performance in the workplace. His clients have ranged from Google to Citibank, from the U.S. Department of Labor to the San Francisco Giants. From small start-ups in Silicon Valley to family-owned businesses in the Midwest. From what he's seen and studied over the years, Mike believes that for us to thrive professionally, we must be willing to bring our whole selves to the work that we do.

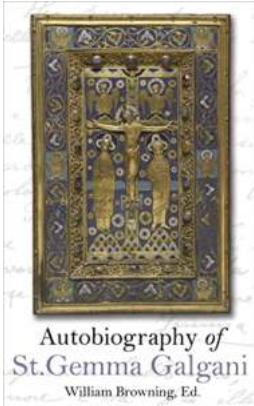
Bringing our whole selves to work means acknowledging that we're all vulnerable, imperfect human beings doing the best we can. It means having the courage to take risks, speak up, have compassion, ask for help, connect with others in a genuine way, and allow ourselves to be truly seen. In this book, Mike outlines five principles we can use to approach our own work in this spirit of openness and humanity, and to help the people we work with feel safe enough to do the same, so that the teams and organizations we're a part of can truly succeed.

“This book will offer you insights, ideas, and tools to inspire you to bring all of who you are to the work that you do —regardless of where you work, what kind of work you do, and with whom you do it. And, if you're an owner, leader, or just someone who wants to have influence on those around you —this book will also give you specific techniques for how to build or enhance your team's culture in such a way that encourages others to bring all of who they are to work.”



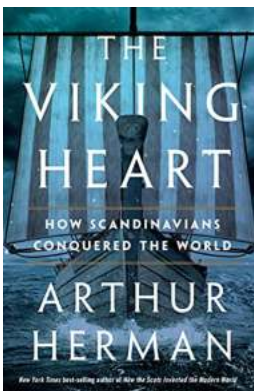
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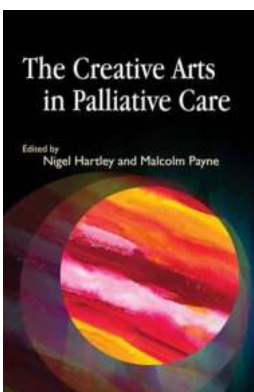
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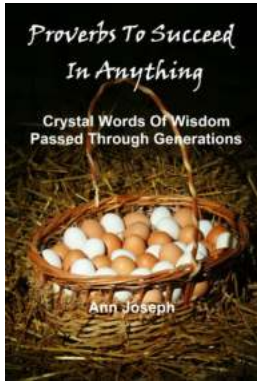
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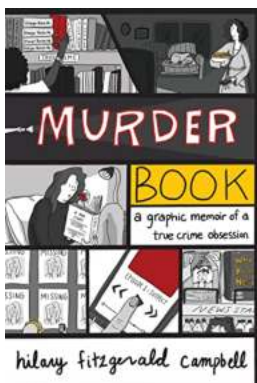
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