

Global EI Summit 2021 on Clubhouse



Hidden Shame Hides your Shine

Who you are **Authentically** Impacts your Business Presence

Shine (Authenticity (image, presence) →→→ **Business** (Marketing, Advertisements, social media)

Shame is the most powerful, master emotion. It's the fear that we're not good enough.

– Brene Brown

Primary Adaptive Feelings

Feeling → Information → Need → Action Tendency

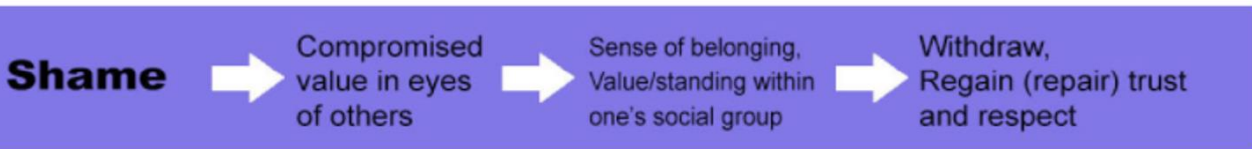


Chart created in conjunction with Stephanie Cosma, M.A. Content adapted from Dr. Alberta Pos, C. Psych., informed by Greenberg, L., 2002; Linehan, M., 1993

Shame:

- is a painful feeling caused by the consciousness or exposure of unworthy or indecent conduct or circumstances
- a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior.

Your Identity

*What you think of **YOU** Impacts your Voice (shame)*

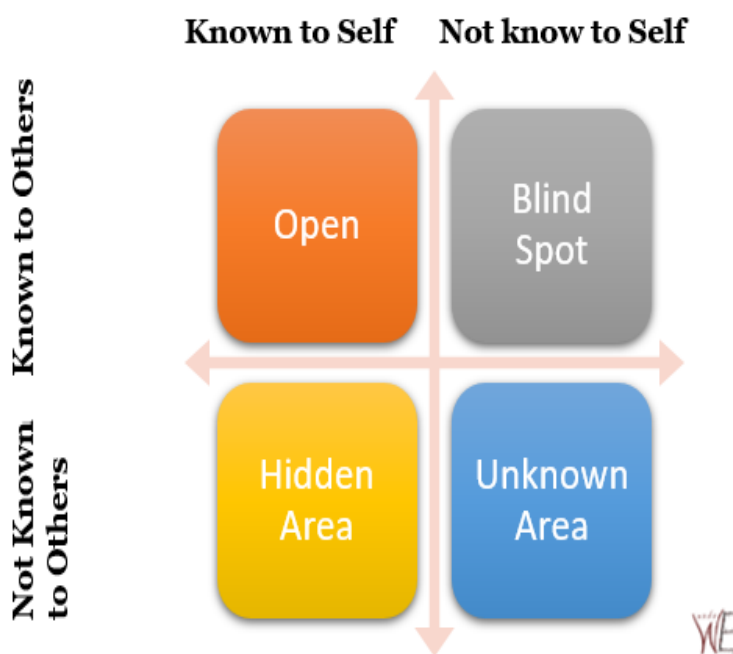
Your Story

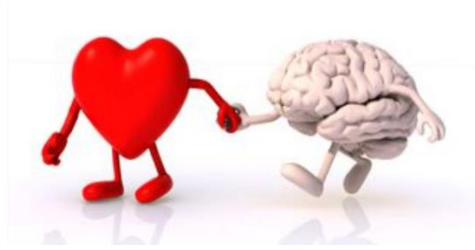
Leading from a place of Light - Light attracts (guidance)

Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.

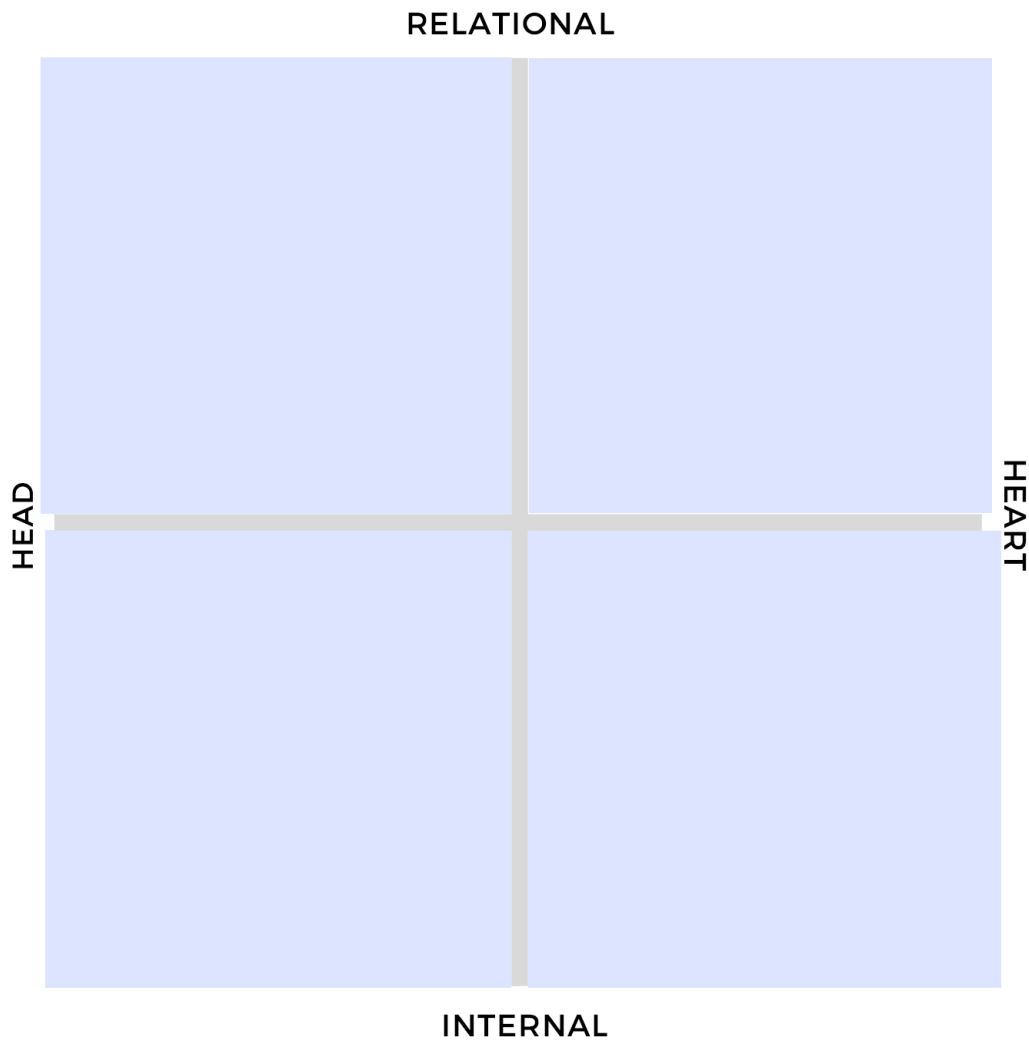
– Brene Brown

Johari Window





Balance (Emotions & Thought)



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