

What it means to
bring your whole
self to work?

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Virtually

In-Person

Truth is, there should be no difference in how you bring your whole self to work in -person or virtually. But here are some tips:

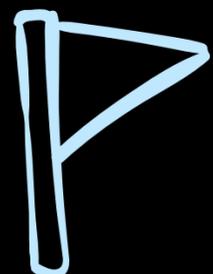
- **Be authentic** - The foundation of bringing your whole self to work is authenticity, which is about showing up honestly, without self-righteousness, and with vulnerability.
- **Be self-aware** - The ability to focus on yourself and how your actions, thoughts, or emotions do or don't align with your internal standards.
- **Be socially aware** - The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures.
- **Avoid unloading** - Share only if there are boundaries and they serve a purpose in a professional setting. Brene Brown once said: "Are you sharing your emotions and your experiences to move your work, connection or relationship forward? Or are you working your s**t out with somebody? Work is not a place to do that."



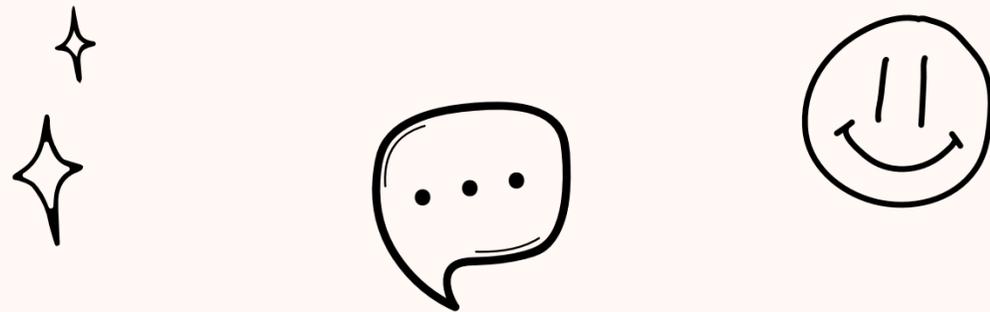
Applying these examples

How would you apply these examples?

Drop your ideas in the chat!



My examples



1

LEADING BY EXAMPLE

Demonstrate through your actions that you practice the same values and behaviors you expect from your team.

2

MONITORING MY EMOTIONS

It's not always to control our emotions in any setting, but it's important to consider what effect our reactions (or lack thereof) will have on the perceptions of others.

3

ASKING FOR OTHERS' OPINIONS

To be socially aware, you also have to create environments conducive to allowing you to receive the opinions of others. Keep a pulse on your colleagues, listen to their feedback, and use it to inform your actions/thinking.

Being professional online

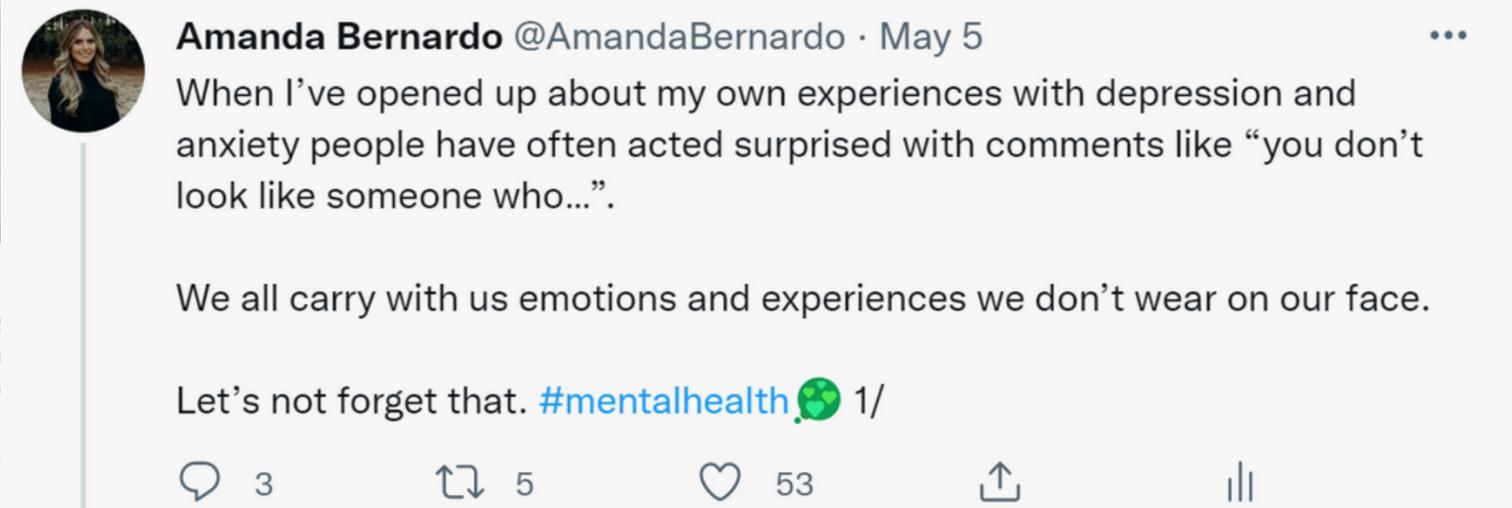


Social media can be an extension of yourself

Professional Me

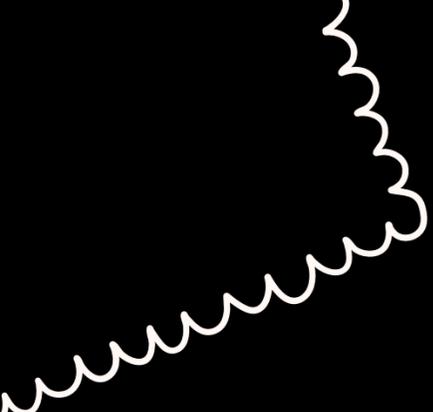


Personal Me



= all me





PROS AND CONS OF BLURRING THE LINES



Establishes trust

When you bring your whole self to work you're able to get to know colleagues better and create familiarity, which leads to greater trust in your team.



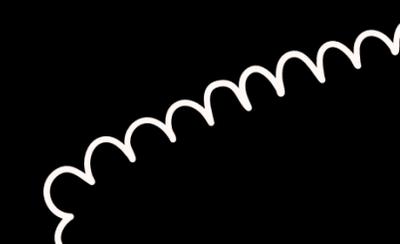
Improved engagement/retention

Most people now a days aren't chasing mandates or portfolios but people and leadership styles. Bringing your whole self to work allows others to do the same.



Boundaries

Some employees and managers prefer boundaries to help them establish work/life separation. It's important to acknowledge and recognize this preference.





To end ...

"Bring your whole self to work. I don't believe we have a professional self Monday through Friday and a real self the rest of the time. It is all professional and all personal."

-Sheryl Sandberg

