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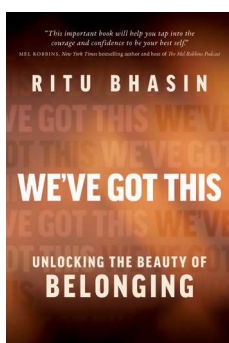
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IS REDEFINING ROYALTY

Embrace Your Authenticity

Three skills for speaking up in tough moments



While research shows that embracing our authentic selves can lead to more effective leadership and more successful relationships, it can still be frightening to share certain aspects of our identities at work or at home. "In moments where we want to reveal more of who we are, we often clam up, or we freeze," says Ritu Bhasin, an inclusion expert, public speaker, and author of the forthcoming book *We've Got This: Unlocking the Beauty of Belonging*. But the right preparation strategies can help, she says. Whether you want to speak up more in meetings or stop self-censoring yourself around your family or in-laws, try these strategies to embrace your strongest self.

1. Write the Script.

Before a difficult conversation, it's important to identify what exactly you want to say. To be most effective, Bhasin suggests actually sitting down and writing it out. "With scripting, we take future language and we move it from our conscious brain into our unconscious brain," she says. "When we are in a stressful situation and the unconscious brain takes over, language is already there for us to share it."



2. Be Your Own Best Coach.

Many of us can struggle with conflicting internal voices, one that says we should speak up or let our emotions out, and another that says '*Don't say that. Don't do that.*' But self-coaching can help quiet the negative voice, what Bhasin calls the inner saboteur. "We can choose in advance what language we'll use to help us in those moments," she says. "Choose an affirmation that resonates. My favorite affirmation is '*Within this scene, stand in your power.*' And the title of my latest book comes from me saying to myself repeatedly '*You've got this.*'"

3. Visualize Your Success.

Just like athletes or performers who visualize their success on the field or the stage, we can picture ourselves speaking up in difficult moments or releasing our emotions when needed. "When we picture ourselves engaging in the very behavior we want, it can help us to be more authentic," says Bhasin. "Like scripting, visualization helps us create the neural circuitry in the brain that will better position us to behave in that way."