

In January, we attended ACG New York's 6th Annual Women of Leadership Summit. Here are five of our top takeaways from the Keynote Speaker Session -

Prepared by TresVista

### 5 THINGS YOU MISSED –

- 1 Steps to Efficient Decision Making:** The speaker at the conference, Alexa von Tobel, mentioned that for effective decision making, it is important to have no regrets in life and to barely even remember anything that's worth regretting. It is important to remember that people contemplate the decisions they have made, the things they did, and the tough decisions they couldn't make; though at the end of everyone's life, all the smaller decisions/mistakes won't be remembered. However, if one is determined enough, they should make tough decisions and take risks, so that there aren't any regrets in the one life each of us has.
- 2 The 'Get Up, Dress Up, and Show Up' Mantra:** Everyday people come across difficult things and it is important for a person to have mental toughness and positivity to face such adversities. The phrase *"Get up early, as it helps through the rest of the day; dress up as it gives confidence; and show up as attitude is really everything"* captures this spirit. Life will throw us difficulties, but the right attitude and a positive outlook helps in overcoming hurdles more easily. It has scientifically been proven that when the team is fun and positive in their approach, people are three times more effective and efficient in terms of productivity.
- 3 Work-Life Balance:** To be happy and productive at work, there needs to be a good work-life balance. Sleep, exercise, and time spent with family and friends are equally important components to be successful in the long-run. At least six hours of sound sleep every night and regular exercise are recommended, as this improves memory, efficiency, health, and general wellbeing. To better manage work, it is important to have mentors and confidants in one's life. They provide honest feedback and constructive criticism, which aid introspection and helps in realizing the true worth of one's talent and capabilities.
- 4 Don't Outsource Personal Finances:** People spend close to four hours per week being stressed out about money, as they constantly think about the people, they know who have more money. While many struggle with it, it is important to have a good financial plan to avoid financial stress and improve quality of life. The first step is to consider money as just a commodity and have one's personal interests at the forefront. *"Knowing what a person is saving for is a very motivating thing, and more money does not mean more happiness."*
- 5 Constant Feedback:** Timely feedback helps in developing better relationships—there might be times when people refrain from saying something difficult, as they think it would hurt the receivers' feelings. This common phenomenon is primarily why people avoid giving feedback. However, it is important to also understand that while most people avoid difficult feedback, those who do might actually care very much.

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