



EPISODE 004: Name, Claim and Reframe with Andrea DeWitt

Self-awareness is not a destination, it's a journey. In order to be a great leader, being self-aware can take us to a whole new level of consciousness and success. Today I'm joined by Andrea DeWitt, the author of the incredible book 'Name, Claim and Reframe'. We dissect her framework and explore the magic of finding our truth to become the best versions of ourselves. We discuss the importance of knowing our personal values so we can choose resonate actions that line up with them and using honesty as a tool to disarm our colleagues.

We discuss:

- Balancing and embodying our masculine and feminine energies in the workplace
- Looking at the bigger picture and seeing what serves you
- How Covid impacted us by challenging our values and forced us to be honest with ourselves
- How to use our energies with intention and recognize our energy boundaries

Connect with Andrea:

'Name, Claim and Reframe: Your Path to a Well Lived Life' is available wherever books are sold

Website: <https://www.andreadewittadvisors.com/>

Instagram: <https://www.instagram.com/andreadewittcoaching/>

I hope you enjoyed this episode of Evolve: A New Era of Leadership. To learn more visit my website: www.carolynswora.com or send me an email to support@carolynswora.com. I'd love to hear from you.