



TITLE: Taking Self Awareness to a New Level in Leadership with Jennifer Bauer

Welcome to the first episode of the Evolve podcast! We're starting things off with a lesson in self-awareness in order to become the best leader you can be for your business. Looking for how to be an innovative leader connected with your body? Tune in.

This week, Jennifer Bauer and I sit down to discuss sacrificing the need to be right and how most of our work problems are often old wounds trapped in the body that need a closer look. Jenn is a public speaker, author, and master Wayfinder coach who generously opens up about her struggles with perfectionism and multiple layoffs before welcoming the discomfort and launching an incredibly successful holistic coaching business.

We discuss:

- How emotions are stored in the body and how they're more often than not responsible for how we react to certain things
- How getting stuff done and the need to be right does not mean the same thing!
- Learning to have compassion for yourself after recognizing your triggers and responses
- An inside look into somatic therapy and how treatment works

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.