



TITLE: How to Show Up as Your Most Authentic Self with Sandhya Sudhakar

Do you feel like you're fitting into a shoebox at work? Maybe you feel like a chameleon, only showing the colors that blend in with your environment. Take a moment to stop and consider who it is you really are. In this week's episode of 'Evolve', we discuss the difference between being intentional about your decisions, versus either choosing what's easy, or you've been conditioned to think is the best next career move.

In this episode of Evolve I'm joined by special guest, Sandhya Sudhakar, to discuss the inspirational story about how she regained control of her future. Sandhya had a high-flying career in a corporate company, but everything changed when she took a seven-month sabbatical. Having never really felt like the most authentic version of herself, Sandhya took a break to re-discover her motivations. Having cleared out the noise in her own mind, she founded 'Self at Work'. Now self-employed as a certified leadership and career coach, she helps others to show up as their true self at work.

Also in this week's episode of 'Evolve' with Sandhya Sudhakar:

- Why it's important to use different strengths and talents in the workplace
- How social conditioning can teach us to be something we're not
- The importance of taking time to understand your motivations
- How to create an environment as a leader, where people feel safe to show up fully
- How to build a system around inclusivity and difference
- Imposter syndrome and how it's a false indicator

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.

Learn why imposter syndrome can be a barrier to authenticity:

<https://hbr.org/2021/02/stop-telling-women-they-have-imposter-syndrome>

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