

Advice from the Trenches

Corporate Homie

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Corporate Homie?

- Career and Lifestyle Advice for women and minority ambitious professionals in Corporate America.
- Who are the homies?
- How do I become homie?
 - You already are.
 - But you can still hang with us:
 - Listen the podcast
 - Attend Corporate Homie Chats
 - Follow on Social Media

Be Intentional with Your Career

- No one will consider your career more important than you
- No one should have more energy or enthusiasm surrounding your career than you
- Set goals
- Advocate for yourself

Workplace Authenticity

- Can you bring your whole self to work?
 - Some argue that no one brings their entire self to the office
- Often women and minorities feel like they need to put on a mask in the office
 - Should you be the most articulate?
 - Should you be the most cool?
- Not being your authentic self leads to
 - Job Dissatisfaction

Bring Your Whole Self to Work

- Self Love
 - People like people who like themselves.
- Uniqueness is an asset
 - All of the greats bring something unique to the table
 - Won with a different playbook
 - (Oprah, Barack Obama, Muhammad Ali, even Donald Trump)

Personal Board of Directors

- Confidant
- Cheerleader
- Critic
- Wise Elder
- Mentor
- Accountant/Financial Advisors
- Spiritual Advisor/Pastor
- Workout Partner/Personal Trainer
- Housekeeper
- Therapist

Entourage/Squad

- Success is a team effort
 - You can't be excellent alone.
- Successful people work in teams
 - Even in individual sports such as golf (coaches, trainers, chefs, etc.)
- You don't have to all answers
 - Seek wise counsel
- You can make more money, but you cannot make more time
 - Delegate, Delegate, Delegate

Mental Health

- Sign of strength
 - Not a weakness
- Help address personal issues
 - Feelings of inadequacy
 - Family Trauma
- Can use like a personal trainer
 - Regular Check ups just like physical
 - Special Event
 - Weekly or Monthly Appointments

Value of Mental Health

- Better Physical Health
- Improved Productivity
- Less Strain on Family
- Safe Place to Vent

Mental Health Resources

- Employee Assistance Program
- Healthcare Plan
- Online Therapy
 - Talkspace

Work Life Balance

- No such thing as Perfection
- Technology is your friend
- Check in with your significant other/family during trips
 - Schedule time
- Share the perks of travel
 - Travel/Hotel Reward Points/Upgrades for family vacations
- Protect your Private Time
 - Make sure you are giving your family the same best you that you give your work (Sacred Sundays)

Self Care

- Before you can be great at work, you must take care of yourself.
- You cannot pour into others from an empty kettle.
- Have clear goals.
- Establish and enforce boundaries.
- Be unafraid of “no”
- No is a complete sentence.



Confidence vs. Arrogance

- Confidence: Belief in one's abilities
- Arrogance: Exaggerated version of confidence with the addition of thinking less of others or someone in their surroundings
- Confidence: Makes other comfortable
- Arrogance: Breeds superiority
- Confidence: Draws people in
- Arrogance: Feels good by making others feel less

Stay in Touch, Homies!



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