



Women's Network of Lake Mary

Lake Mary Women's Network Presents an Opportunity for Growth and Change!

On September 11th & 12th the Farmers Insurance Women's Network of Lake Mary, FL sponsored a special event open to all employees, featuring Life Coach Darla Powell Phillips of Houston, TX.



The event was entitled; If the Shoe Fits Wear it: Being Resilient in the Face of Change, with a total of (4) sessions held over the two days. Each participant was given a Playbook by Coach Darla for use during and after the event.

Coach Darla walked the group through a series of personal meditations, where each participant was led to encounter their heroes and consequently discover their own personal list of qualities, called the **Standards of Integrity (S.O.I)**.



As Coach Darla says, "The qualities you see and admire in others, are those you possess." A list of your personal Standards of Integrity, which is the blueprint of your personal power, your core values and personal keys to success!



Some of the qualities on our list may surprise us, since we do not see them in ourselves. However, they are still there; hidden deep inside. This phenomenon is called *authentic amnesia*; a process throughout our lives where we forget who we were and who we are meant to be. However, as our awareness grows, our tools (S.O.I) will grow as well.

So what do these Standards of Integrity have to do with "being resilient in the face of change?" These are our personal tools for dealing with life's ups and downs. Each time we need to "get some new shoes for the varied experiences and occasions of our lives", we merely need to take a moment to look and remind ourselves of our Standards of Integrity and see which one is right for the occasion... which one "fits." It only takes a moment, but the difference these tools create is empowering. Rather than trying to *change* ourselves to match a situation, we are using the *best* within ourselves to approach and handle that situation.





The mindset of seeing and knowing your Standards of Integrity is empowering, and on a personal level, it can change lives. On a business level, it can change cultures and business results. Imagine a culture where the employee can bring their *whole self* to work versus leaving their true self in the parking lot.



We are working with Coach Darla on follow-up sessions that will help us apply our Standards of Integrity, recognizing when “Monkey Mind”

comes into play and how to apply those qualities to our Life Intentions.



As leaders and co-workers, our job is not to supply solutions, but to affirm, support and listen – helping each employee to turn to their own Standards of Integrity to find the strength to move forward, grow, develop and perform to the best of their ability!



To develop this culture of trust, support and affirmation is the goal of the Lake Mary Women’s Network. Allowing our employees to bring their whole self to work and perform to the optimal level!

