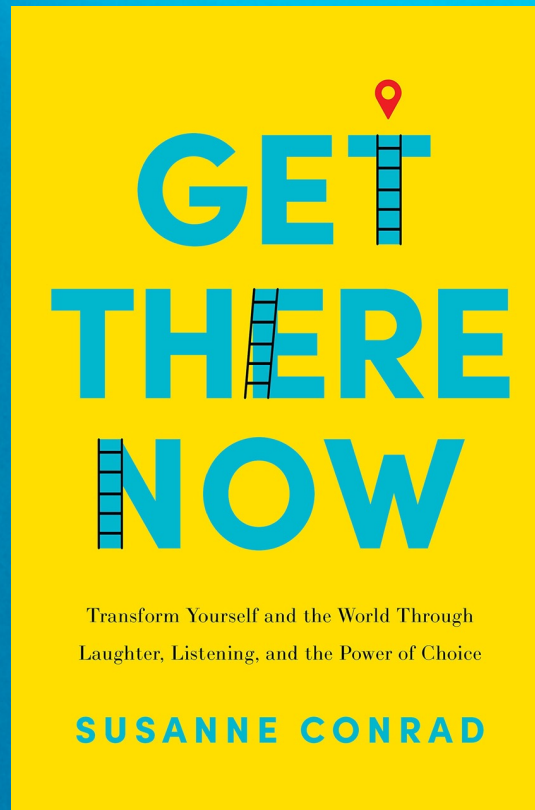


Welcome to the HR Book Club



*"A word after a word
after a word is power."*
– Margaret Atwood

CPHR BC & Yukon wishes to create a safe, respectful and inclusive environment for all. While participating in this event, attendees have the duty to conduct themselves in an ethical and professional manner and are expected to abide by the CPHR BC & Yukon Professional Rules of Conduct in both verbal and written comments.

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Susanne shared that as a young woman she was conditioned to be right, to be the answer, to be smart, which worked well when she entered the world of white males in the 80s. A big part of her journey was to learn how to find her intuition, to listen to the innate intelligence of her body and to drop into the feminine aspect of her intelligence because it was not nurtured as a young person.

Have you ever experienced a situation where you needed to develop or suppress certain character traits in order to fit the environment you were in?



In her book, Susanne talks about meeting a guy who she knew deep down was not the right person for her, but she wasn't good about setting boundaries. She ended up getting pregnant and marrying him, staying in a difficult, abusive relationship for many years. It took her years to come out of this relationship and she later realized that she didn't listen to her intuition and did not use her voice to express herself. Her body was telling her about it all along. Susanne believes there is a great leadership lesson in this - for the leaders to get in touch with their bodies and nature, and to use it as a source of deeper understanding than just data.

Do you ever listen to your body and incorporate that “gut feel” and your intuition in a decision-making process or is it mostly based on reviewing the facts and data?



When working as a Director of Possibility at Lululemon, Susanne helped co-develop a leadership program for the organization. Every young person who worked for them would write a 10-year vision of their life: their personal, health and career goals, and then they would work backwards from that positive future, giving them an opportunity to get “there” now.

Do you set personal and career goals for yourself? Do you find this idea helpful?





The author talks about many mistakes she has made in her life and how she has learned from that. The idea Susanne is promoting is that people often gain so much momentum in one direction that they don't give themselves permission to stop and take their lives in a new direction.

Can you recall setting yourself on a certain path, gaining momentum and then having to change direction? How challenging was it for you?

According to Susanne, most people live a default future, the future that is going to happen anyway as we all have the momentum. People usually have limiting beliefs about who they are and what they are capable of. Susanne helps people create their “best” future by looking at what is going on and letting go of unnecessary beliefs that are not true. It allows the brain to leap into a new place instead of staying on a trajectory where you are already headed.

Have you ever tapped into the power of visualization? Do you believe that picturing success can help you “get there”?

