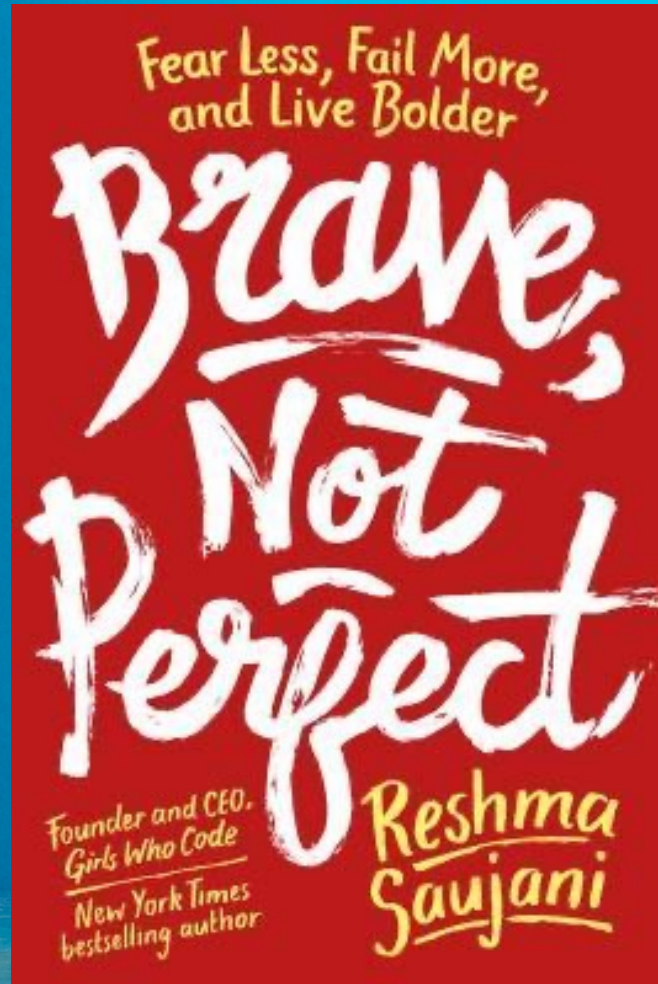


# Welcome to the HR Book Club



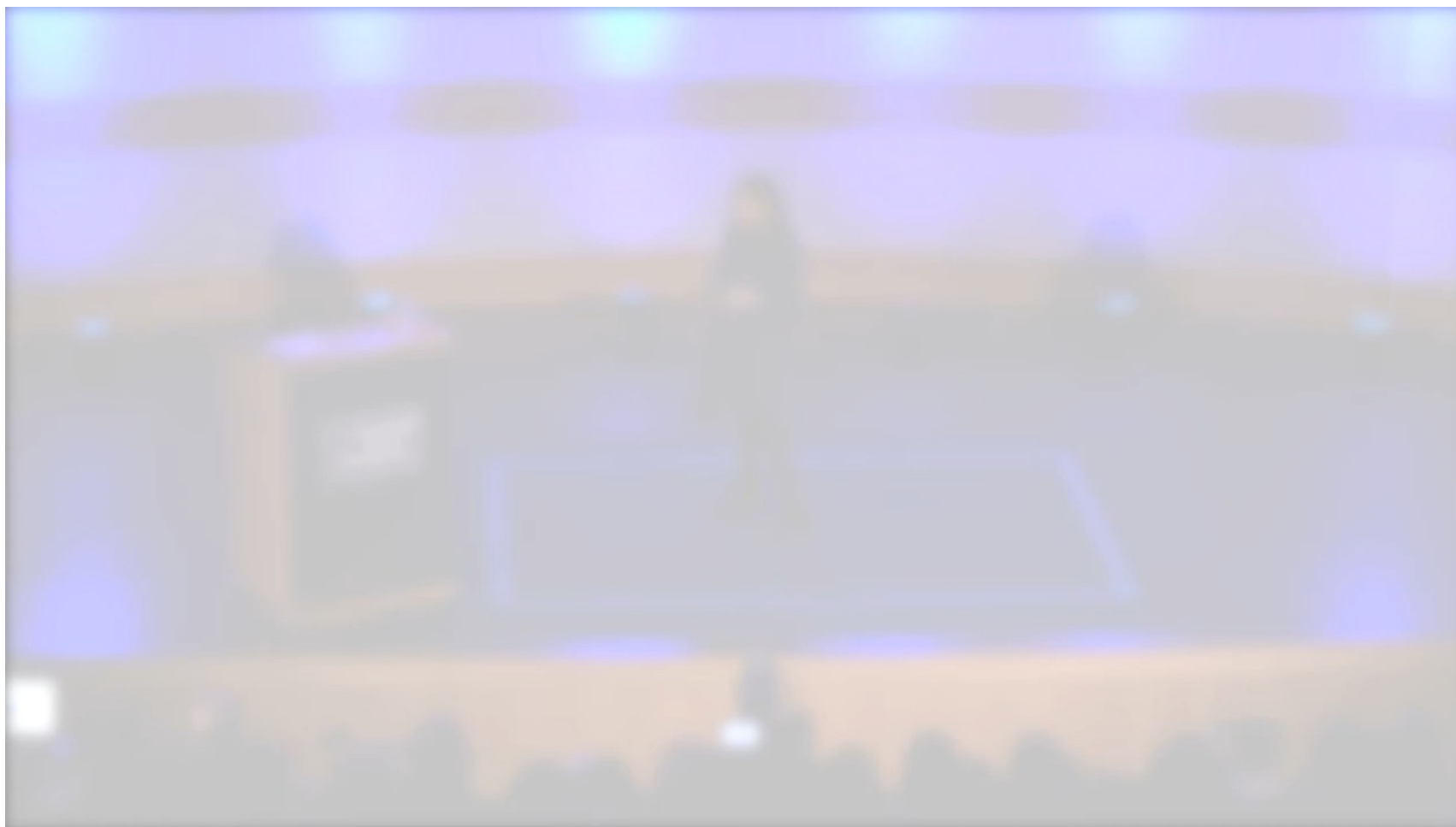
*“Bravery isn’t about being fearless. It’s about being scared and doing it anyway”*


Jennifer Bell

**CPHR**

British Columbia  
& Yukon


<https://www.youtube.com/watch?v=wi2-X2-Q1XM>






**“Our culture has shaped generations of perfect girls, who grew up to be women afraid to take a chance, afraid of speaking their minds, of making bold choices, of owning and celebrating their achievements, and living the life **THEY** want to live, without constantly seeking outside approval.”**

Do you agree that even today, we're raising girls differently from boys? Do you feel that things have changed from the time when you were being raised?




**“Mistakes and rejections  
tend to roll off men in a way  
most women can only envy.  
Our perfect girl training has  
kept us safely isolated from  
the sting of rejection and  
failure but it’s also weakened  
our resilience in adult life.  
One way we build back our  
resilience and take the sting  
out of failure/ rejection is by  
normalizing it.”**

Do you struggle to share or  
speak openly about your  
failures and rejections or  
mistakes with people around  
you?



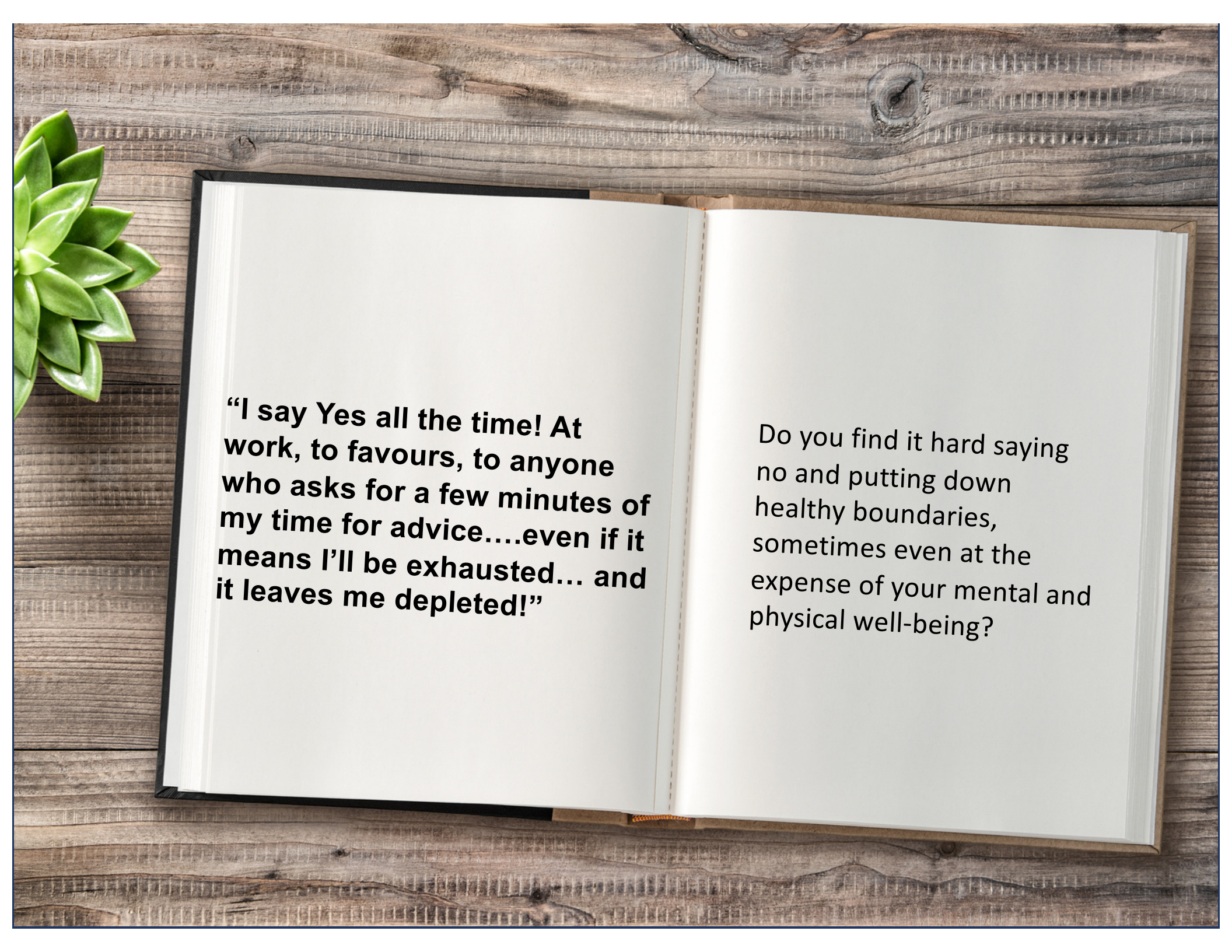
**“Women are the ones to give away all of our “me time” to our partners or children. But let's be brutally honest here, we often bring this on ourselves. Could our partners pack a diaper bag, make the kids breakfast and make arrangements with the baby-sitter; Absolutely! Will they do it exactly the way that we want them to; probably not! But we assume if they won't do it a 100% right, we figure, “let's just do it ourselves!”**

Do you agree with the author's above statement that much of women's workload is because they find it hard to delegate or because of their need to be in control?



**“If you’re waiting for the stars to all perfectly align, you’ll be waiting forever. You’ll never have the exact right resume, experience, or child-care arrangements. There’s no ideal moment to begin... just tackle the small hill first and see where that goes....”**

Are you guilty of holding off trying new things in life because the time or the circumstances just aren’t right yet?



**“I say Yes all the time! At work, to favours, to anyone who asks for a few minutes of my time for advice....even if it means I’ll be exhausted... and it leaves me depleted!”**

Do you find it hard saying no and putting down healthy boundaries, sometimes even at the expense of your mental and physical well-being?