



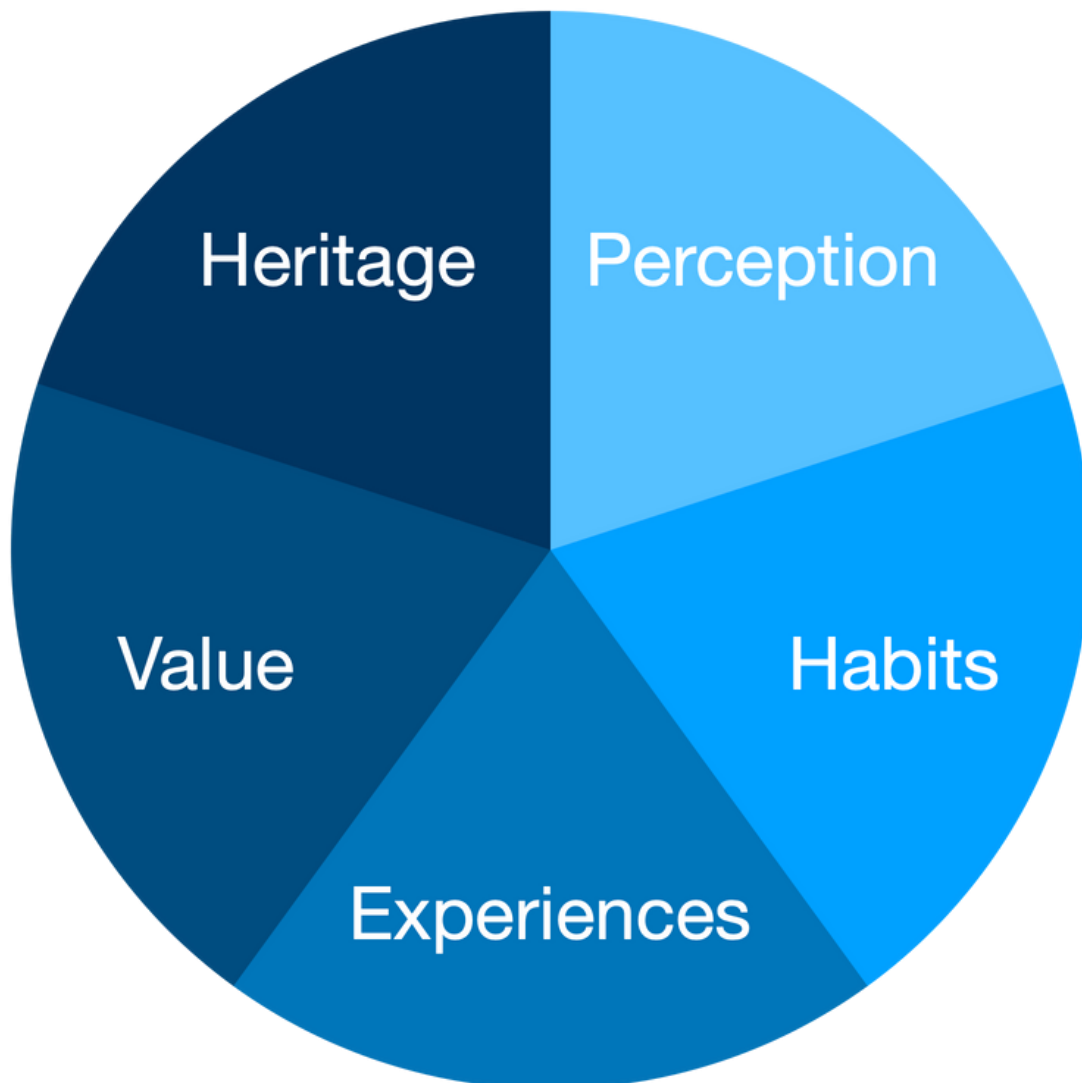
LEVERAGING YOUR AUTHENTICITY

Vocal Image

"To be passive is to let others decide for you. To be aggressive is to decide for others. To be assertive is to decide for yourself. And to trust that there is enough, that you are enough." — Edith Eva Eger



Tapestry of Authenticity





Relational Authenticity

Every relationship is different. The way you respond or react will vary.
Describe your nature of change in different relationships

Notice when one of the core beliefs change to connect or be heard. Observe:

- The quality of relationship and what's experienced
- Describe if you feel appreciated or insignificant
- At what moments did you feel free or constrain in conversation
- Were there moments of acceptance or rejection, describe them
- Reflect sensations of care or indifference
- Observe for possibilities of common ground or compatibility

Professional

Friend

Family

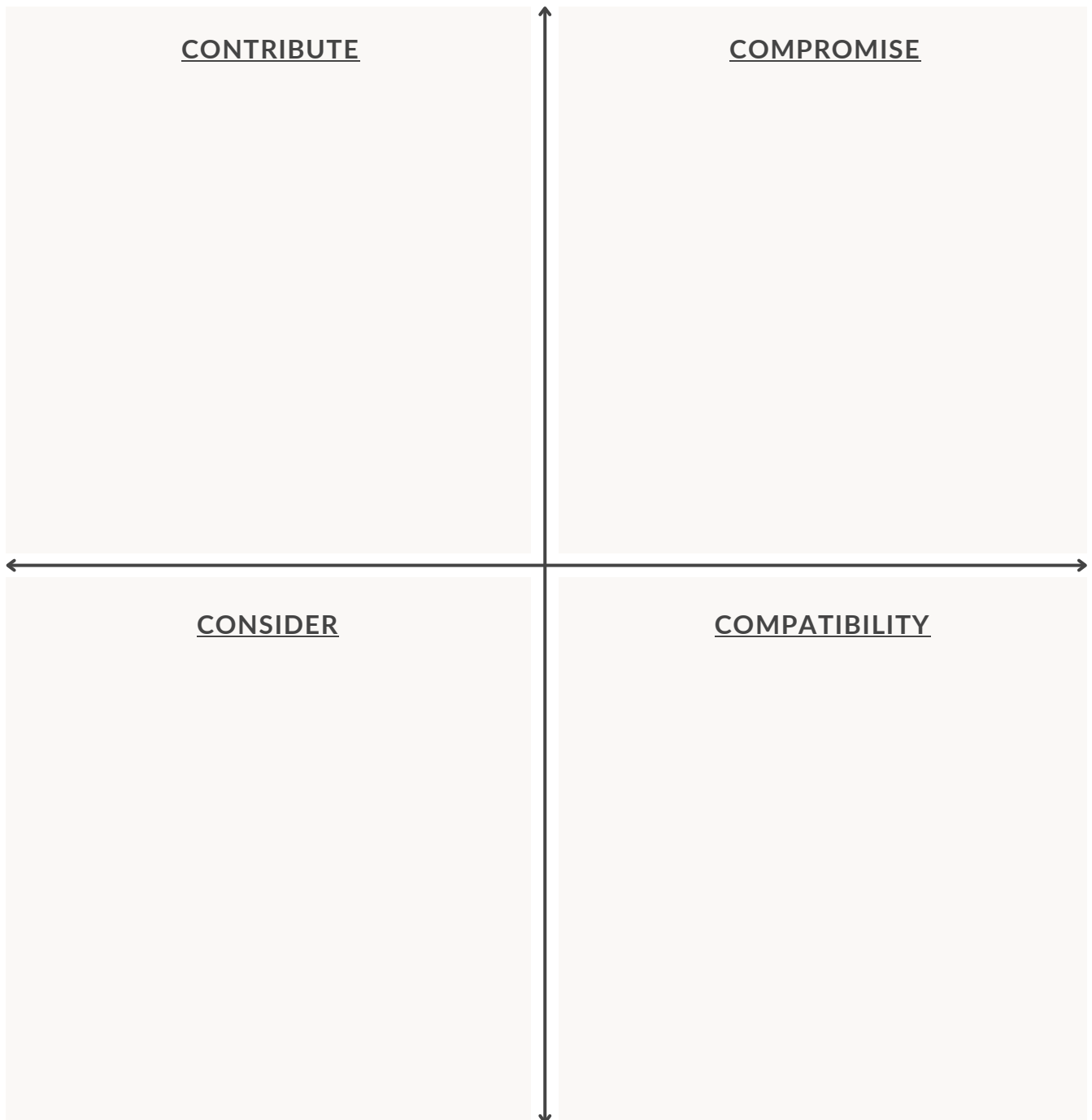
Other

Consider the other perspective

- Did they feel appreciated?
- Where did they feel limitations to express their feelings?
- Do they feel included or excluded from conversation?
- How does it affect their social status?
- What way do they come across as be seen?
- Are they fluid or fixed in their core identity and in perspective?



Relationship Analysis





SELF - ADVOCACY

Respect your journey of growth. Appreciate your trials .Learn to share them in stories, and increase your visibility.

- Talk to yourself with respect and appreciation.
- Give yourself permission to challenge your assumptions and expectations and find your unique voice.
- Spend time at least every quarter on your communication agenda- Assess what worked and what needs mastering.
- Visualise your outcome, practice advocating for yourself out loud, get comfortable with how you sound.
- Design your digital footprint with authentic purpose.



Feedback & more about befriending your mind

Thank you so much for the opportunity to deliver a session on how to communicate in a diversified audience to you.

I would really appreciate a few minutes (2 minutes) of your time for feedback. Your added insight can support me to make the workshop even better for others.

Upcoming Events



Befriend your Mind Retreat

Location Curaçao, Dutch Caribbean

Date NOVEMBER 2023/ MAY 2024

It would be amazing for you to join me at this beautiful location!

Scan Code for more details



Book

Available on Amazon, Kindle and more. Scan code for more information

Kirti Daryanani

Kirti has 20 years experience working with diversified communities. Founder of Kirtana168- #befriendurmind approach.

A keynote speaker known for her talks on code-switching and speaking with your true voice. If you know any department that may benefit from this, would welcome the recommendation.

Corporate Consultant, coach and trainer on Code-switching & lead with Presences. Known for her facilitating skills in challenging and complex situations. Contact for more details.

Organisations include Bloomberg, Google, Morgan Stanley Department of Transport, Amicorp, Dolphin Suites Hotel and others

Besides career she is a Multi-linguist, Traveller, and Author of #befriendurmind: build a healthy relationship with your mind (without meditating), and always being curious.

