



*Ignite the Spark*

7TH ANNUAL  
WOMENS EVENT

# Moment of Presence



When I say the word “energy”, what comes to mind?

What color lens are you seeing the world through?

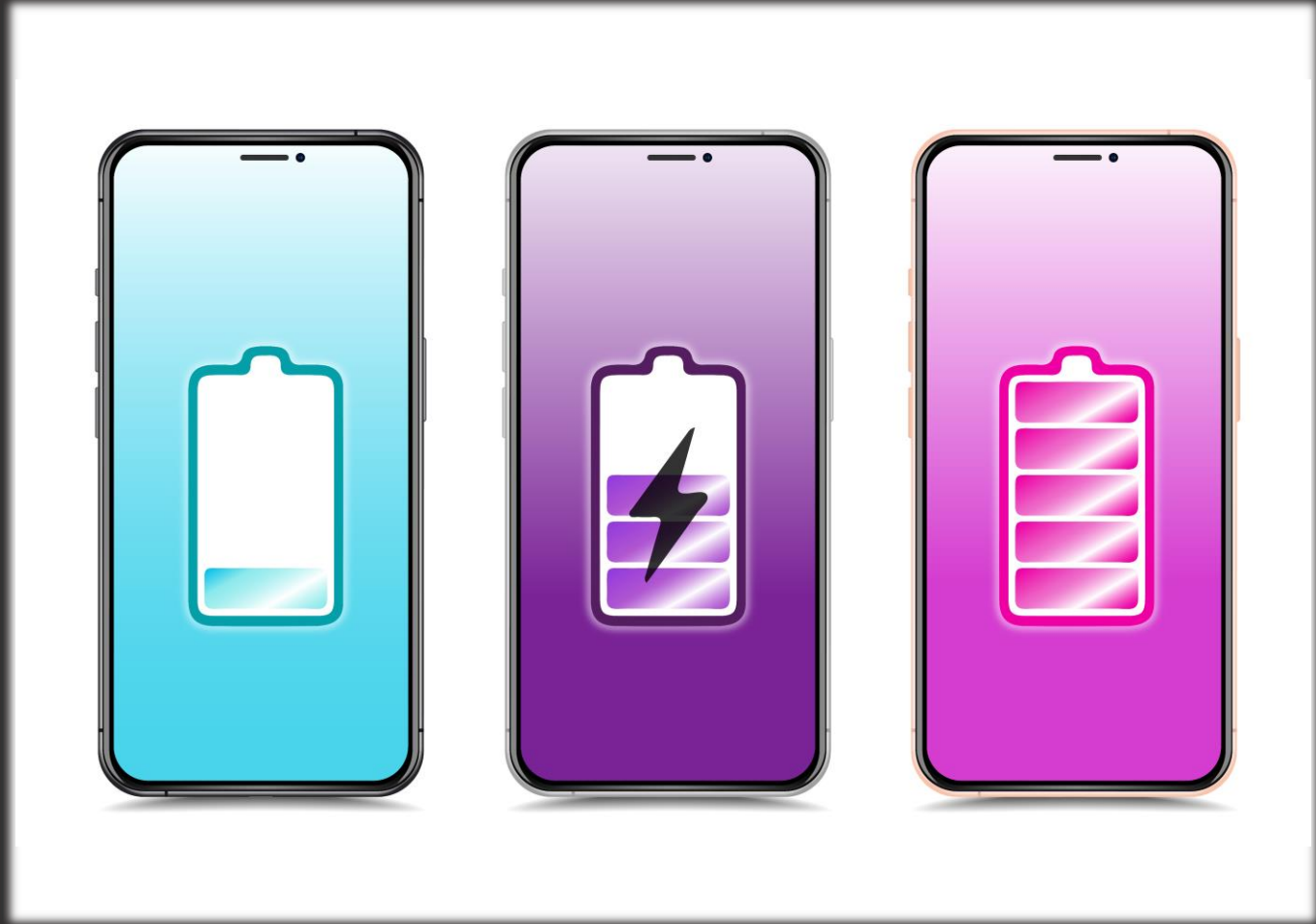


Creating a Sustainable  
Healthcare Workforce  
Demands Innovative  
Solutions



The energy we bring to a situation is based on the way  
we *choose to see things*.

Destructive Energy  
vs.  
Constructive Energy



# Limiting Beliefs





# My Story



## Fact

- ▶ Father- Pakistan- Cardiologist
- ▶ Mother- Las Vegas- Nurse
- ▶ I am the oldest of 9 siblings
- ▶ I got a B- in elementary school

## Fiction

- ▶ I could only have fun if I was the best
- ▶ There's no growth in failure
- ▶ I deserved to be punished if I didn't get an A
- ▶ Success must be hard

# Impostor Syndrome



# How have you experienced Impostor Syndrome?

- ▶ Do you chalk up your accomplishments to luck, timing, connections, or computer error?
- ▶ Do you downplay yourself when someone gives you a compliment?
- ▶ Do you worry it's just a matter of time before you are "found out"?
- ▶ Do you secretly worry you're not as bright, capable, or qualified as everyone "thinks" you are?

# Judgements & Assumptions



# How have you experienced the following biases?

- ▶ Are you a mother who has experienced the maternal wall?
- ▶ Have you been paid less than market because of your gender?
- ▶ Have you been given office housework just because you're a woman?
- ▶ Have you experienced the glass ceiling?

# Burnout



# How have you experienced burnout?

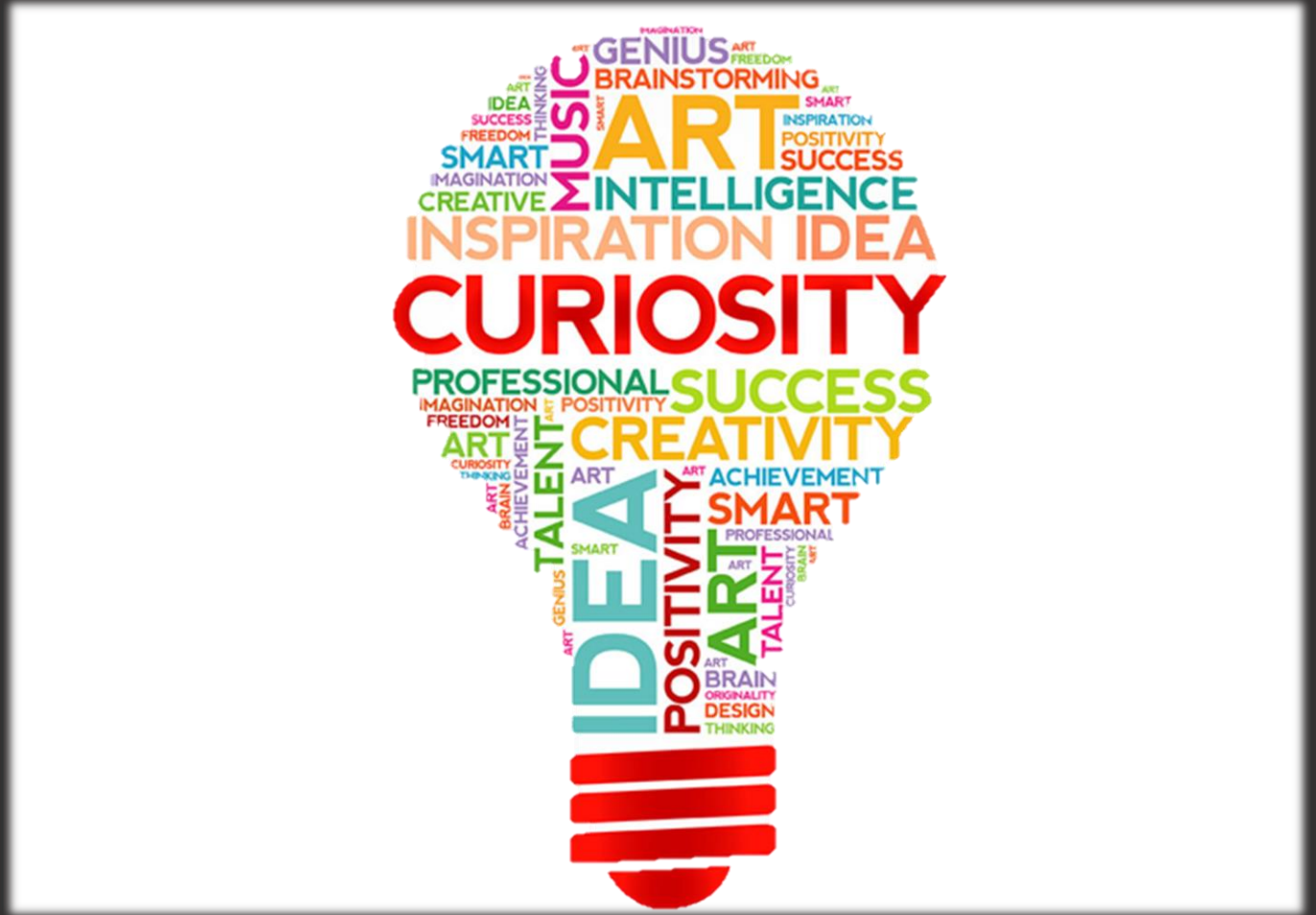
- ▶ Have you consistently felt exhausted by the end of the day?
- ▶ Have you noticed you have a short fuse and you're constantly irritable?
- ▶ Have you had trouble sleeping and feel restless?
- ▶ Do you feel like you're always putting out fires and feel like you're in a constant state of attack?



Why?



Cultivate curiosity to  
shift from negative to  
positive energy!



Cultivate curiosity to  
shift from negative  
to positive energy!



Celebrate!





# THANK YOU!

Text **HFMA** To **1-833-481-0443** to Download  
5 Tips to Immediately Boost Your Energy!



ENERGETIC IMPACT

[www.energeticimpact.com](http://www.energeticimpact.com)