Healthy Networks and Thriving Careers

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AUSTIN, TX
Humble Beginnings
Tip # 1: Build a good set of morals
Tip # 2: Surround yourself with positive influences

“Reach for the moon and you will land among the stars”
Tip # 3: Build your network …

Create relationships with mentors and role models
Tip # 4: Believe in yourself
Tip # 5: Everything happens for a reason
Tip #6: Do not be afraid to highlight your skills
Tip #7: Learn to work with perception versus reality
Tip # 8: You have the ability to change your community

“Be the change you wish to see in the world” - Ghandi
Tip # 9: Do not be afraid of change or something unconventional
Tip # 10: Celebrate and cherish the little things
Karen’s Tips

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2: Surround yourself with positive influences
3: Build your network
4: Believe in yourself
5: Everything happens for a reason
6: Do not be afraid to highlight your skills
7: Learn to work with perception versus reality
8: You have the ability to change your community
9: Do not be afraid of change or something unconventional
10: Celebrate and cherish the little things
Thank you!

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Suggested books to read

- Good to Great – Jim Collins
- Winning from within – Erica Ariel Fox
- Stop Saying You’re Fine – Mel Robbins
- Lean In – Sheryl Sandberg
- Mighty be Our Powers- Leymah Gbowee