

**Café Conversation Notes from our 4-25-07 with
Michelle Girasole**

**Seeds to bring forward...Transcription of Summary Posters
5 Major Seeds to bring forward:**

How do you listen to yourself and others more fully?

Only take advice from those who have what you want

Know what you're asking for... not be rigid and in what you want to hear. This person has a perspective...What can I learn from it?"

You have to know what you want, look to where information is coming from and understanding it, seek a variety of role models to see what you want.

How do I pay attention to myself and my work? (Michelle's challenge)

If I don't feel good, no one will feel good around us.

We need to truly make the commitment to ourselves, need to recognize our role as "role models" for the future

In essence, pay ourselves first in order to pay others, the need to ask other women to support me in this commitment. They mimic our behavior...good and bad.

How do you align you work with your purpose?

Identifying your passion without judging it, don't worry if it's possible or not, don't let it feel insurmountable, say it out loud... let someone know you're going after it.

Do you have one purpose or multiple purposes, allowing the purpose to change, grow, broaden.

How do you discover your purpose? – The idea of "purpose" is a heavy weight with a lot of expectations, but we need to define it so that it's not someone else's purpose, purpose happens.

Choices: Those I most need to make next

Realizing I have choices

2 aspects of choice:

Feeling inspired

Discipline in making it happen

Need to recognize the context of the choice, also the realization one is part of a system and thus has an impact

Sometimes you can live with the question vs. arriving at the choice – patience is needed in sitting with the question

There's a need of a support network to back you in choices.

There are options

Transcription from the Café Tablecloths:

These are the direct notes and writings from the women at each table, discussing the topic and strategies they use to lead in their own way.

Question for you the reader:

what would you add?

What have you learned?

What can you take as your own for leading in your own way?

1. How do you listen to yourself and others more fully?

Listening – passive?

What's the difference between active and passive listening??

Listening skills – sounds funny

Instinct

Only take advice from people who have what you want – role model

Listen and talk balance

Who's advise do you take? – external – internal

1. internal listening – what do I want?
2. external listening – who has a road map.

2. How do I pay attention to myself and my work? (Michelle's challenge)

Volunteer like a woman who has boundaries

Time for yourself is not negotiable

Block at the time, living in the moment, paying attention to the journey not just the destination

Just be yourself in all the roles

Giving yourself permission to not do something and not feel guilty about it

Take your own advice you give to everyone else about taking care of themselves

Make a list of things you want to do

Make your friends accountable

Letting go of perfection

Work identity, mom identity, bridge the 2 identity. Building other relationships with a women beyond work and being a mom

3. How do you align your work with purpose?

A core talent

Purpose in growth

Belief system

Money vs. talent

Broader than we define it?

Ones purpose? Role of natural talent, lack of attraction
Figuring out what your purpose is. Metamorphosis
Don't wait for someday – start with small steps
Making the choice/decision to do it, saying it aloud

4. How do you discover your purpose?

Unknown purpose
Attitude + vs. –
In the now
Confidence
What comes first, purpose or position?
Discovering your purpose – fear toward opportunity
Reduce self deprecation
Purpose without a label
External
Limits on accomplishments based on preconceived expectations
Challenges
Identity associated with having a purpose
Shows good judgment
Pressure, decide now, leader or “Wing” man - work – children
Internal
Direction, How? Great expectations, Heavy weight, accomplishments
Necessity to define pressure – highest and best position

5. Choices: Those I most need to make next, Realizing I have choices

We're part of a system
How much can you ignore/deny

Fear

Day job needed - how much

Empowerment
Choices
Driven by complications of life / quality of life /support network
Time element effects decision

Inspired
Disciplined – execution

Make a choice to take care of yourself “My time”, be a better role model for our daughters
Don't need to justify the need to take care of yourself
Someday... tomorrow?
Make a date with your bathtub
If I don't feel good, no one is going to feel good
Don't feel guilty
House work is still going to be there.