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#WomeninCyber



Women in Cyber

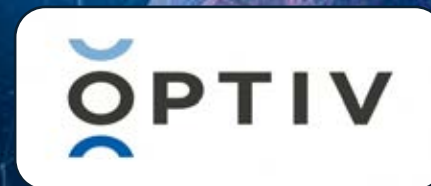
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Strengthening your Resilience Muscle to move from Stuck to Success



Bill Strub
President, Virtual Guardian



Jaime Taets
CEO, Keystone



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BRIDGING THE GAP

Moving from
Stuck
to SUCCESS



JAIME TAETS



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Jaime Taets

CEO

Keystone Group International

2x Author, Amazon Best Seller

Mom of 4 teenagers, wife, daughter, #dogmom

Avid Traveler

Inc 200 Female Founders

CEO – Chief Energy Officer of my own life!



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A graphic for the 'Resilience Unlocked' theme, showing a blue globe with a network of white lines and nodes, suggesting a digital or interconnected world.



THE GAP



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AWARENESS



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The impact of The GAP on women

- ✓ 53% of women report having higher stress levels today than a year ago.
- ✓ 1 out of 3 have taken time off due to mental health challenges in the last year.
- ✓ 94% believe asking for more flexibility will impact their promotion potential or job security.

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Let's Flip the Script



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What would you do if you weren't afraid?



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The Things That Make Us Feel Stuck and Drain our Energy



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Imposter Syndrome



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The Voices

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The Comparison Issue



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Perfection *over* *Progression*

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Finish Line Syndrome



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Tips to get Unstuck and Manage your Energy



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Deliberately Shift your Perspective



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Fear & Faith Cannot Co- Exist

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Evaluate Your Community



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Leverage your SuperPowers

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Embrace the Obstacles



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The Power of Choice



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Faith is an Act of Courage!



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What if **STUCK** is a great place to be?



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Thank You

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