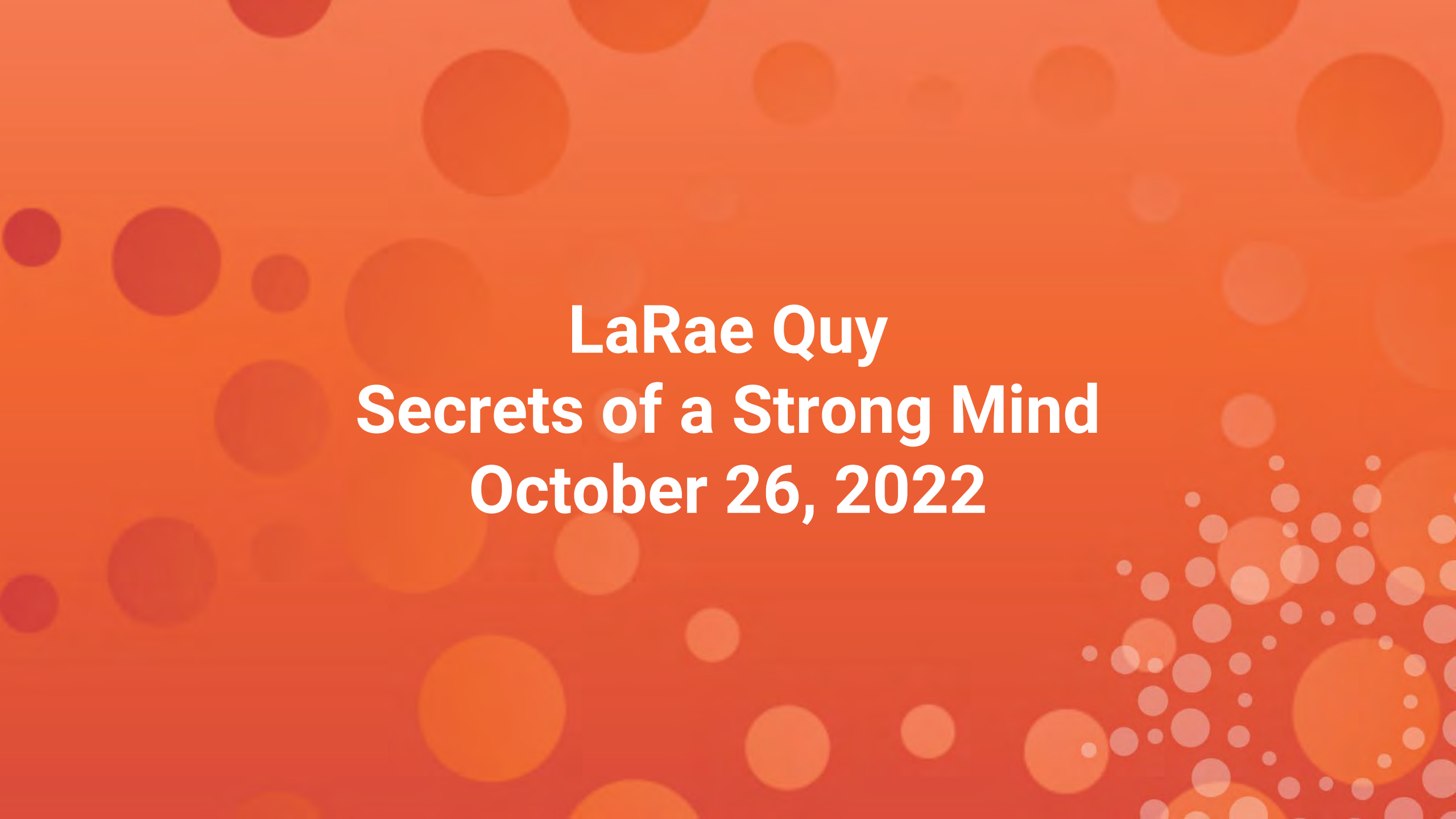




Women's Energy Network[™]

CONNECTED LOCALLY, NETWORKED GLOBALLY



LaRae Quy
Secrets of a Strong Mind
October 26, 2022

GLOBAL BOARD OF DIRECTORS



Kara Byrne
President
Baker Hughes



Andrea Tettleton
President-Elect
Seabaugh, Joffrion, Sepulvado, Victory



Kitrina Pople
Treasurer
Ernst & Young



Kara Herrnstein
Secretary
Bricker & Eckler



Sarah Derdowski
Chapter Relations Director
CU-Denver Energy Program



Sally Hallingstad
Marketing & Communications Director
Western Energy Alliance



Laci Sretcher
Membership Director
EOG Resources



Regina Eco
Programs Director
Energy & Geoscience Institute



Sucheta Gokhale
Sponsorship Director
HollyFrontier



Dannetta English Bland
DEI Director
Accenture



Tara Meek
Immediate Past President
Williams

GLOBAL CORPORATE MEMBERS



WEN Leadership Cohort 2023

Topics to be covered:

- Leadership Identity (strengths, power and vulnerabilities)
- Purpose, values and priorities for maximize impact
- Effects of pressure and stress on performance
- Diversity of perspective
- Communicating and executing vision
- Influence
- Employee development

Resources to be used:

- Leader 360
- Leadership personality assessments
- Online digital learning platform
- Leadership and emotional intelligence framework and tools
- Collective learning lessons

Format:

- Forum and Group Coaching
- Highly customized 1:1 Performance Coaching

Expected outcomes:

- Increased self-awareness resulting in improved individual performance
- Greater leadership acumen by learning and exercising emotional intelligence
- Higher personal and professional capacity

2023 GLOBAL LEADERSHIP COHORT



“A yearlong leadership program supported by world-class consultants, coaches and program alumni with built in Cross-Chapter networking and proven content to improve your individual performance to allow you to enhance your organizational culture.”



Women's Energy Network[®]
CONNECTED LOCALLY, NETWORKED GLOBALLY





- Complete WEN Package at the special rate of \$1,497 (\$1,997)
- WEN Starter Package for \$299 for one module (\$500)
- Accessible for 1-Year
- <https://secretsofastrongmind.com/resilient-women-thrive-in-the-energy-industry/>

WEN PODCAST

WEN is committed to sharing knowledge, insights, and leadership tips from across the energy sector. The Women's Energy Network Podcast is one of the many ways we're achieving this goal.

The podcast started with the Colorado Chapter in 2020 but moved under the WEN Global umbrella in 2021. This year is being hosted by three women, all with different energy experiences.

Listen to the latest episode on your favorite podcast platform - Apple, Google, Spotify - or online!

<https://bit.ly/WENPODCAST>



CONNECT WITH US



INFO@WOMENSEENERGYNETWORK.ORG



WWW.WOMENSEENERGYNETWORK.ORG



[WOMENSEENERGYNETWORK](https://www.linkedin.com/company/womenseenergynetwork)



[@WOMENSEENERGYNETWORK](https://www.instagram.com/womenseenergynetwork)



Women's Energy Network[™]

CONNECTED LOCALLY, NETWORKED GLOBALLY

Positive Thinking and Real-Time Resilience

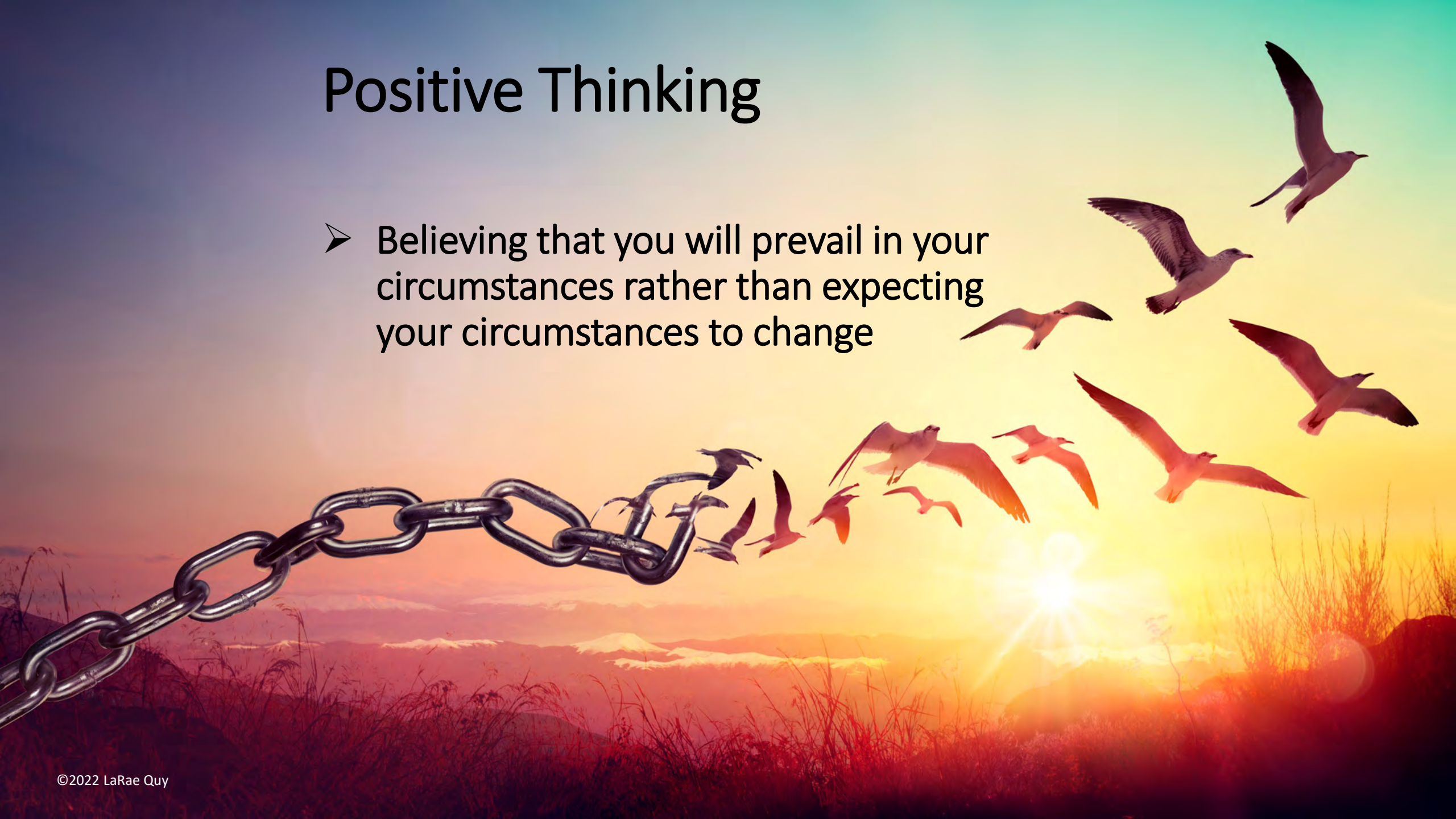
LaRae Quay

Positive Thinking



Positive Thinking

- Believing that you will prevail in your circumstances rather than expecting your circumstances to change



Positive Thinking

Overcome Negativity Bias





- **Interrupt a negative first reaction with a positive counterpoint**
- **Analyze your patterns of speech to recognize how and when you use negative words**

➤ **Learn to hunt
the good stuff**



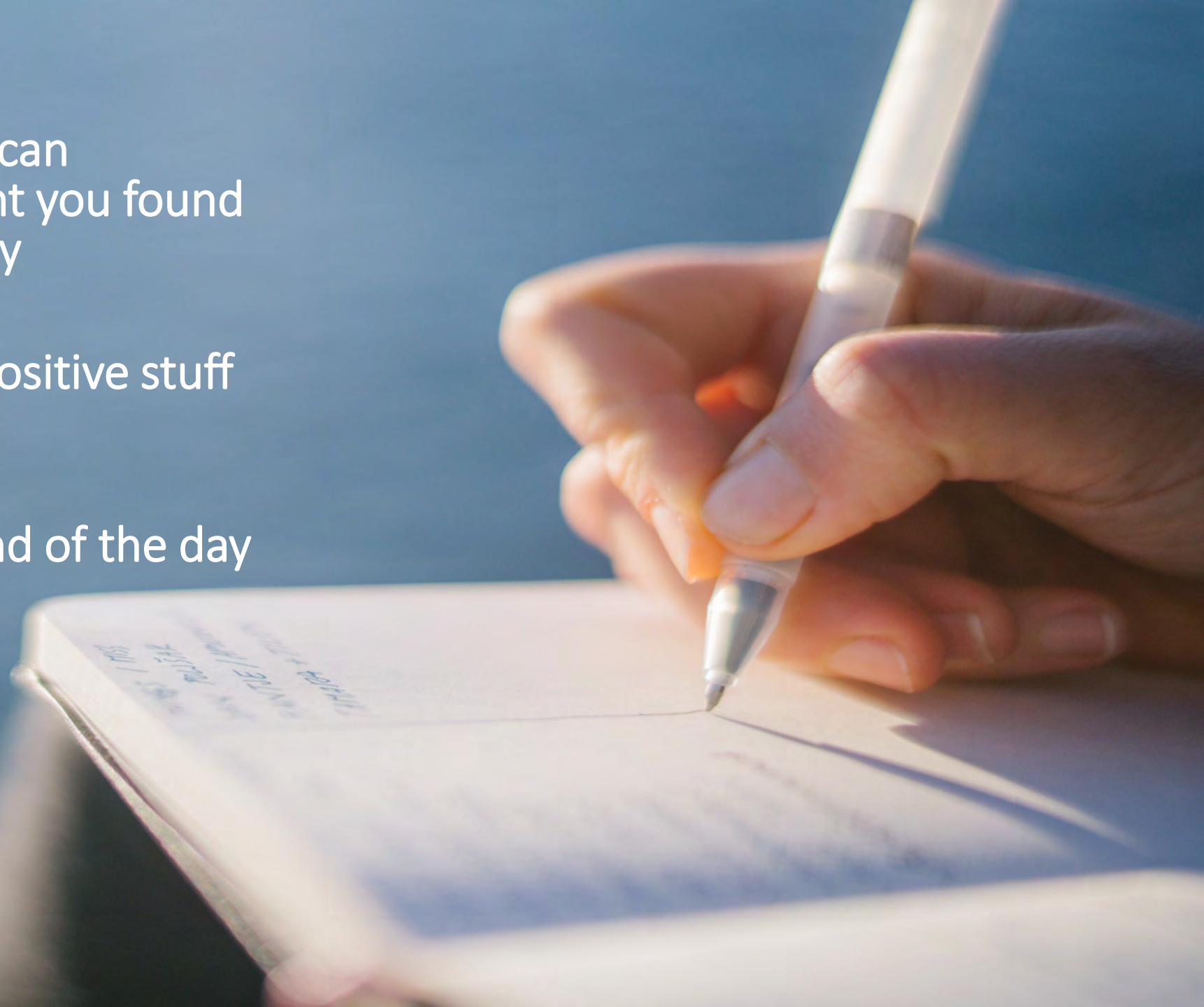


- 1. Acknowledge your negative emotion**
- 2. Accept the situation for what it really is**
- 3. Find 5 positive things to counter 1 negative emotion**



4. **Pause after each positive thought for 20 seconds.**
5. **Remind yourself that nothing can rob you of what matters most in life.**
6. **Forget perfection. Get on with the job.**

- Start a Journal so you can document the moment you found the nugget of positivity
- Continue to look for positive stuff throughout your day
- Don't wait until the end of the day to reflect



Positive Thinking

- 1. Overcome Negativity Bias**
- 2. Hunt the Good Stuff**
- 3. Acknowledge the Negative**



**One of the smartest
questions you can ask
yourself is**

“What could go wrong?”



~~IMPOSSIBLE~~

~~UNABLE~~

~~UNSOLVABLE~~

~~UNDOABLE~~

- Stop saying the word “NO”
- Avoid using words like “never” and “always”

Positive Thinking Questions to Consider

- **What is your first response to a negative situation?**
- **How can you change or modify your response to negative situations?**
- **When have you been a positive thinker in the midst of adversity?**



Real-Time Resilience



➤ **Use caution when
switching between tasks**



- **If you must multi-task, give your brain time to recover**
- **Avoid switching tasks every few minutes**
- **Jot down notes**



➤ Work in Sprints



- **Prioritize your day**
- **Focus on your most challenging and important task**
- **Work hard for 90 minutes and take a 20-minute break**



➤ **Alleviate Brain Stress**



- **Use Lists**
- **Rely on visuals to stimulate your brain**
- **Pick up a pen or pencil**
- **Exercise**
- **Distinguish between urgent and important**



Real-Time Resilience

Questions to Consider

- What type of break(s) from your work leave(s) you more energized?
- What tricks have you learned about ways to put your brain to rest when surrounded by deadlines and meetings?
- How do you navigate between urgent vs. important tasks in your day?

To take the Mental Toughness Assessment, go to:

<https://secretsofastrongmind.com/mental-toughness-assessment/>

You can register for the course at:

<http://secretsofastrongmind.com/WEN>

