



BOOK GROUP FEATURING THE BOOK

PLAYING BIG

BY TARA MOHR



PRACTICAL WISDOM FOR WOMEN WHO
WANT TO SPEAK UP, CREATE, AND LEAD

What would be possible in your team – in your organization – in your own business - if women played bigger? What would be possible in your life and career if you felt **more courageous about using your voice** and talking about your boldest ideas?

Join us as we read and discuss *Playing Big*, by the internationally acclaimed women's leadership expert, Tara Mohr. In this 4-part book group, we'll read the book and talk about the concepts and practical skills that we need to play big – to share our voices and take bold action, to create a significant positive impact in our careers, our lives, and the world at large.

WEEK 1

A Foundation for Playing Bigger

Chapter 1: The Inner Critic

How to recognize your inner critic and practical tools you can use each day to quiet its voice.

Chapter 2: The Inner Mentor

What if we really did have the answers to many of our biggest challenges within ourselves? This chapter is about how to access and utilize our unfailing (yep, unfailing) inner wisdom.

WEEK 3

Skills for Playing Big

Chapter 5: Leaving Good Student Habits Behind

It turns out there's a lot we learn as girls in school that later gets in the way of our having the careers we desire. Learn the four major behaviors rewarded in school that often get women stuck in their careers.

Chapter 6: Hiding

The clever ways brilliant women come up with to keep playing small – all the while convincing themselves they are doing all they can to play bigger. One reader said this chapter was like getting five years worth of therapy in half an hour!

Chapter 7: Leaping

A unique, highly specific kind of action that gets us playing bigger right now. We'll talk about the six criteria of a leap.

WEEK 2

Slaying the Dragons that Keep Us Stuck

Chapter 3: A Very Old New Way of Looking at Fear

We go back 3000 years to an ancient teaching about the two types of fear because it has such profound relevance for women today. Learn the two types of fear and how to skillfully respond to each.

Chapter 4: Unhooking from Praise and Criticism

Learn how being "hooked" by both positive and negative feedback limits women's playing big, and the gentle way to get free of that – including a radical way of understanding and utilizing feedback.

WEEK 4

More Skills & Moving Forward

Chapter 8: Communicating with Power

The "little things" we do in our speech and writing that diminish our impact. How to let them go, and what to do instead.

Chapter 9: Callings

How to identify your callings and practical steps to start living yours right away – even if that seems near impossible now.

Chapter 10: Let it Be Easy

A bold proclamation: we should never rely on willpower or self-discipline to achieve our goals. They are far too unreliable. This chapter is about how to truly create sustained action.



My name is Janene Liston and I will facilitate the book group sessions. I have taken Tara's online intensive course on *Playing Big*. I'm an experienced public speaker, facilitator and have 20 years of corporate experience. I enjoy creating space for learning, discovery and insight. Come join us and start *Playing Big* now!