



**Know Your Worth,  
Invest in you in 2022!**



**BETSY REIDELL EMPOWERMENT COACHING**

# AGENDA



**My Story**

**Day in the Life**

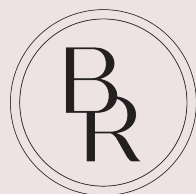
**Know Your Worth**

**Activity**

**Closing**



# MY STORY



“As an HR professional I feel like I have never been stretched so thin.”

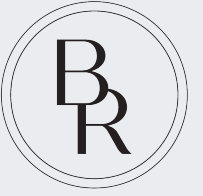
“I struggle knowing when to say ‘no, timeout, I can’t take this on.’”

## What HR professionals are telling me...

“I need your help finding work life balance and giving me permission to take care of myself.”

“It is so hard knowing when to shut down work, unplug and find balance.”





hu·man re·sourc·es  
pro·fes·sion·al

/ˈhjuːmən ˈrisɔːrsɪz prəˈfeʃənəl/ : *noun*

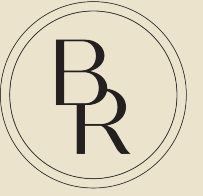
An unofficial psychologist and multitasking detective who also acts as an event planner in their “spare time” while resolving conflicts in keeping the peace. A pivoting, unaccredited lawyer with insane record keeping skills.

*\*See also shoulder to cry on and investigative ninja.*

# Why is self worth important in the workplace?

- ✓ **Resiliency and Energy Improve**
- ✓ **Higher Productivity**
- ✓ **Increased Engagement**





# 4 ways to build your Self-worth:



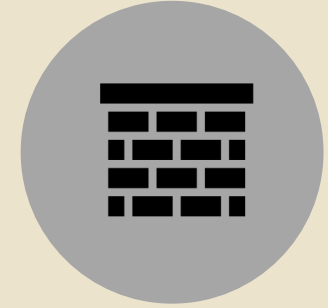
**IDENTIFY YOUR  
STRENGTHS AND  
OPPORTUNITIES  
FOR GROWTH**



**PRACTICE  
SPEAKING POSITIVE  
TO YOURSELF**



**BE INTENTIONAL  
WITH YOUR  
SELF-CARE**



**LEARN TO SET  
HEALTHY  
BOUNDARIES**

## Exercise 1:

- Write down 3 positive “I am” affirmations about yourself. I.e. I am a powerful! I am worthy! I am strong!
- Partner with someone next you and share out your affirmations. If you know each other, what would your friend say to add to that list?

**I AM**

two of the most powerful  
words, for what you put  
after them shape your  
reality.

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“Self-worth comes from one thing  
– thinking that you are worthy.”  
– WAYNE DYER



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