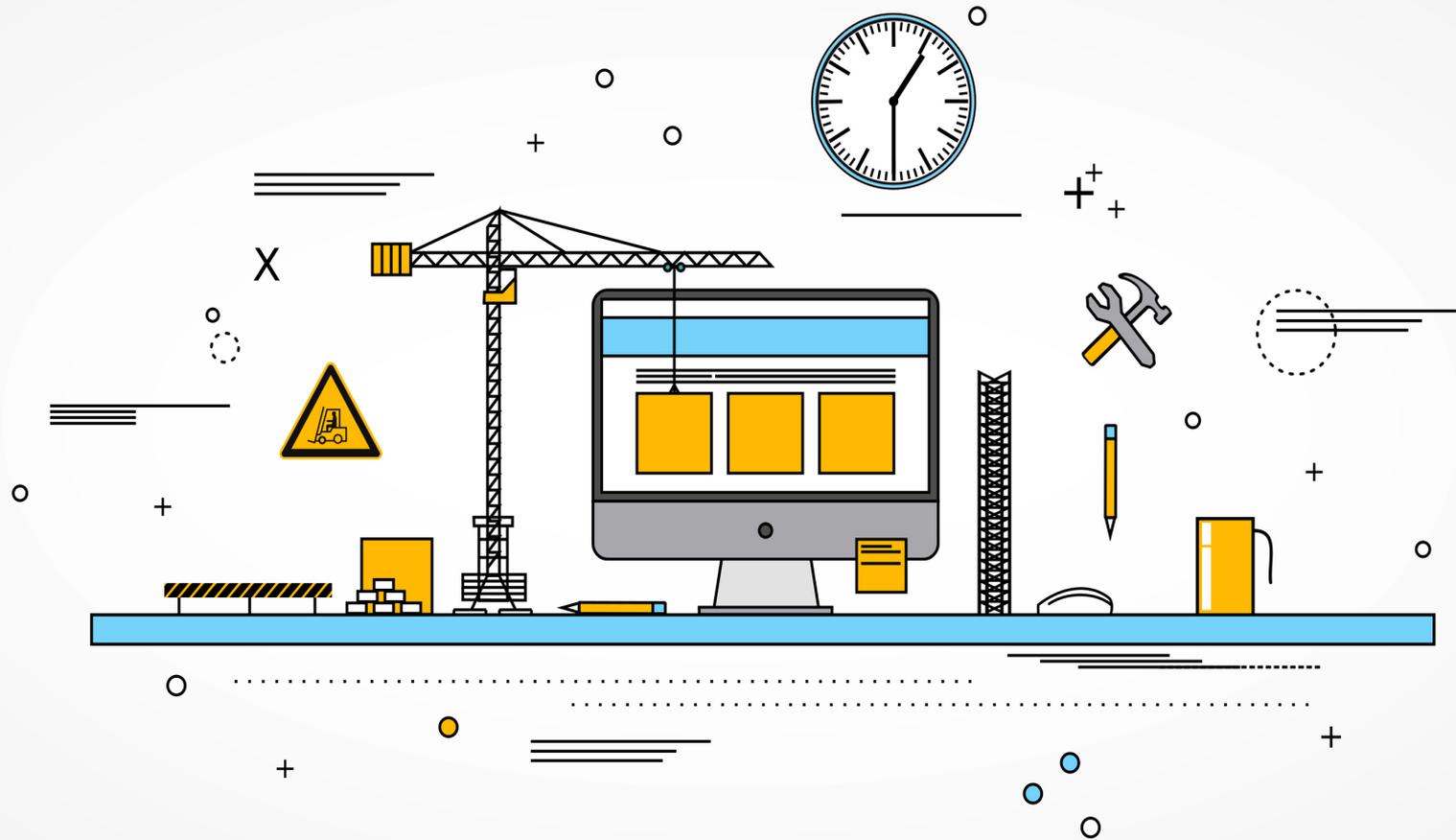


Developing Your Personal Stack

Heather Nemelka, Senior Field Marketing Manager, Training and Certification
Amazon Web Services (AWS)



1. Overcome **self-conscious bias**
2. Discover your **superpowers**
3. Build **habits** to optimize your day

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Skiwampus - adjective

ski·wam·pus | \ 'skiwämpəs also 'wòm- \

1. Not in alignment or traveling off course

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Beginning again...

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The Google logo is centered within a dark gray rectangular box. The logo consists of the word "Google" in its signature multi-colored font: a blue 'G', a red 'o', a yellow 'o', a blue 'g', a green 'l', and a red 'e'.

Google

Self-conscious bias - noun

s/ 'self 'känSHəs/ / 'bīəs/

1. Relying on your own personal, unsupported judgments against yourself as compared to another, in a way that is unfair and overly self-critical.



Overcome self-conscious bias

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Positive Affirmations





1. Start with “I am”
2. Use the present tense
3. Make them specific and short
4. State them in the positive
5. Make sure they resonate with you



1. I'm good **enough**
2. I'm **worthy** of my success
3. I'm **excited** about the work I'm doing
4. I feel **strong** and **powerful** every day
5. I am **smart** and **capable** of handling anything

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Discover your superpowers

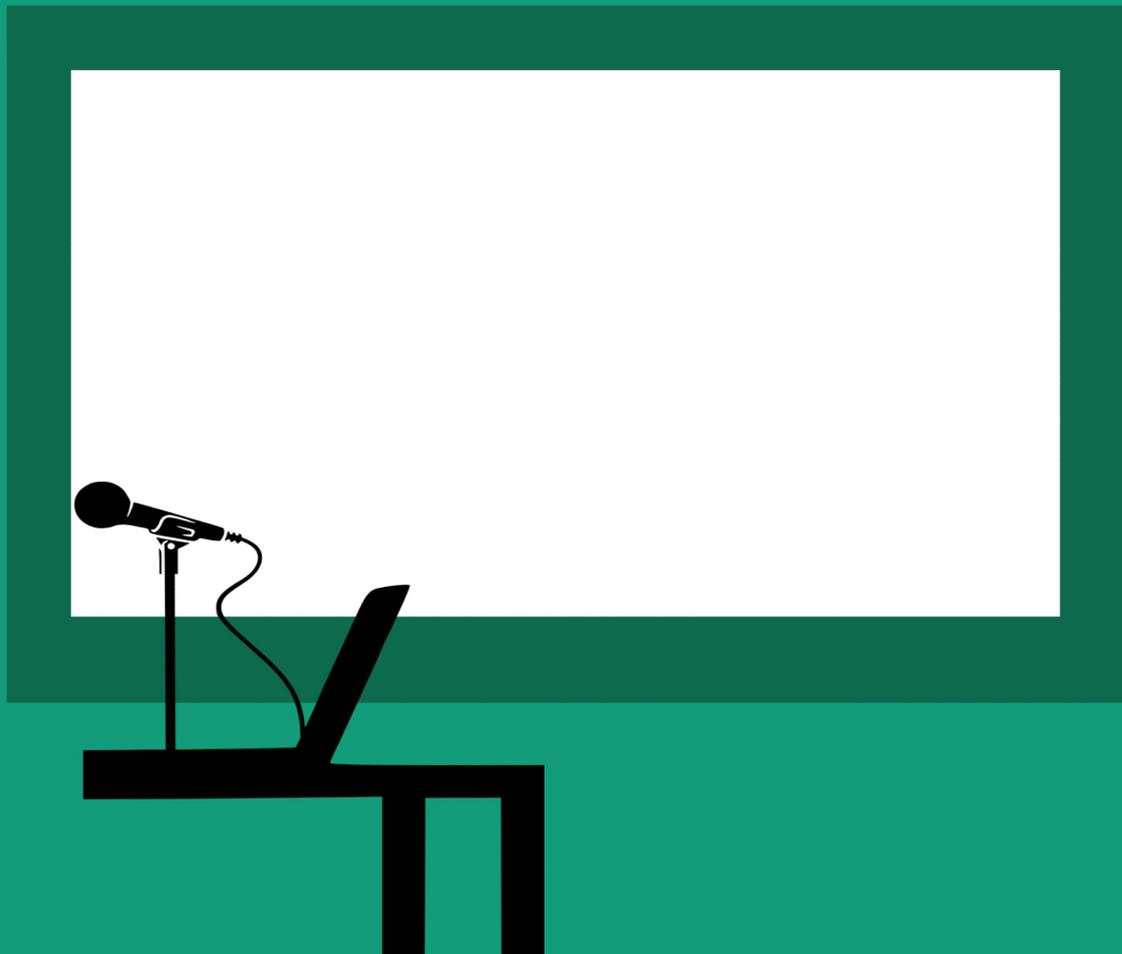
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1. Create a list of all the things you do well—your strengths. Which ones do you feel most passionate about?
2. If money wasn't necessary and nothing stood in your way, what would you do?
3. Ask the people who know you well to share what they most admire about you
4. Ask yourself the following: What did you used to love doing as a child that's been put on hold? What comes naturally to you?







“With great power comes great responsibility” . -- Uncle Ben

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.”

-- Eleanor Roosevelt



Build habits to optimize your day





- 1. Make a plan for the day**
- 2. Follow a morning routine**
- 3. Tackle difficult things first**





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5:00-5:20 am	Pray, affirmations, dress for gym
5:30-6:30 am	Exercise, listen to audio book
6:45-7:15 am	Make breakfast, clean up, scriptures
7:20 am	Take Duncan to school
7:30-7:45 am	Meditate
7:45-8:30 am	Shower and get ready for work
8:30 am	Leave for work



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- 2. Follow a morning routine**
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“Missing once is an accident. Missing twice is the start of a new habit. This is a distinguishing feature between winners and losers. Anyone can have a bad performance, a bad workout, or a bad day at work. But when successful people fail, they rebound quickly. The breaking of a habit doesn’t matter if the reclaiming of it is fast. I think this principle is so important that I’ll stick to it even if I can’t do a habit as well or as completely as I would like. Too often, we fall into an all-or-nothing cycle with our habits. The problem is not slipping up; the problem is thinking that if you can’t do something perfectly, then you shouldn’t do it at all.”

-- James Clear

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“As women, we have superpowers. We are sisters. We are healers. We are mothers. We are goddess warriors.”

-- Merle Dandridge



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