

The Hidden Career Powers Playbook

- Discover the keys to being heard and seen as competent and ambitious at work
- Learn to define and CREATE your success from abundance to never give up on your dreams or burnout again
- Leverage your secret powers to master any situation and stand out so you make more money with ease and flow – no matter what circumstances or struggle you are in.



Start Here

Hello beautiful soul!

Before you dive in I want you to reflect on three questions that sound so simple but by answering them honestly to yourself they reveal great power!

1. What are you fight against? on a regular basis, repeatedly, seldom, ..
2. What walls do you hit regularly, more often? this can be topics, discussions, persons, ..
3. What are your running after? money, accolades, things to be done, deadlines, ..

Now open up to a completely new you and start dreaming again.

Have fun and enjoy this deep dive.

You've Got This!

Re-Invent Yourself

Create a vision and a feeling for your next self.

The most successful people re-invent themselves with every new level, and they won't let others determine who they have to be, e.g. Elton John, Madonna, Elon Musk, you name it Now, create your new version self.

What does your new you look like? _____

On a scale 1-10 how loud is your voice? _____

What's your greatest skill (name 3)? _____

What are your prevailing feelings? _____

How much room do you take up? _____

What's your slogan? _____

Keys to being seen and heard

For the **shy ones**

1. **Speak up!** (use your voice at least once a day in a meeting and other occasions, no one can know what's going on behind that forehead of yours if you do not share it)
2. **Take up space** (by using more space at a table than you usually would, space is your birth right)
3. **Be curious.** (Curiosity takes some practice and reveals more than most people think, and helps in the creative process)

It's not necessary to say something at every occasion but do not shy away from contributing to a topic, even if it's only to support someone else by agreeing or asking a question for further clarification.

For the **bold ones**

If you are fighting to be seen and heard, **stop** doing so. Because you might project a **fighting energy** and this is what you get back.

Start listening, ask questions, and practice some patience.

When energies are more in **balance** you can start over again. Else you go on depleting your energy and burning land. It might be that you do not have the power to change things where you are right now so stop, balance, and reinvent yourself.

Can you give yourself permission to stop getting things done and be taken care of?

Continue with the next page

Balance Your Powers (Femininity vs. Masculinity)

Femininity is not make-up and nice dresses, and masculinity is not testosterone and muscle cars.

It is the art of receiving, holding space, listening and nurturing versus providing, doing and being a driving force.

False aspects of these powers are mostly the opposite.

Receiving: the masculine create, the feminine receive.

Practice receiving or **give permission to be helped**, ask for help and lean back, **let others provide for you** instead of being first who creates. **Open up to receive gifts, for the accolades and money to come.**

Hold space: the masculine create, the feminine hold space.

Practice holding space for others by asking questions and **providing a stage that is safe for them to perform** (support other women). **Lean back** and witness the creation process instead of solving every problem yourself. **Trust you're taken care of.**

Listen and nurture: the masculine do and act, the feminine listens and nurtures.

Practice listening: instead of sending information **switch to getting information.**

Nurture by **asking open questions to broaden and widen your understanding.**



Balance Your Powers (Femininity vs. Masculinity)

While creating your new version self please consider feminine and masculine characteristics. Helping questions can be those from page 1.

Now that you know that it is all about balancing out you have a fair idea of what you need to balance. See page before.

What feminine aspects can I let into my life?
What false aspects do I have to let go of?

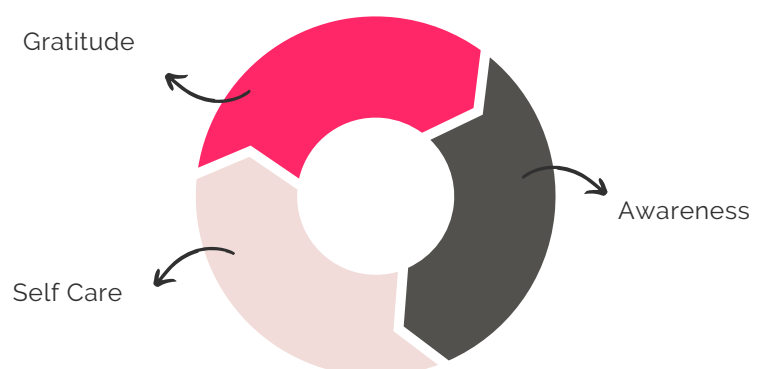
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Strengthen Your Trust

To strengthen your trust thus leverage your femininity and masculinity use these simple questions every day.

- What am I grateful for? (be specific)
- What am I proud of? (everything counts)
- What can I open up for? (good things to come your way, anything)
- What nourishes my body, mind, and soul (today)?
- What do I need to be more aware of?





Want more?

Hey beautiful soul,

Do you want more?

Are you ready to reinvent yourself AND make it real too?

Then let's do this together. Send me a message at amenzler@ankemenzler.com
or book a call with me
<https://calendly.com/ankemenzler/45min-private-1-1-next-level-rise-up>

Sending love and sunshine,

Anke