Create a Life That Totally Rocks

Michelle Chappel, PhD
April 22, 2020
Goals of Talk

**Part I**

- **Uncover hidden superpowers** and use them to distinguish yourself at work.

**Part 2**

- **Make goals that matter** by examining your life from a broader perspective.

- **Divide your intentions** into positive, specific, and measurable subgoals.

- **Create space** for inspiration, community, and activities that bring you joy.
A Bit About Me

UCSC Psychology Professor Michelle Millis lectures on psycho-physic hours before her debut at Live Soup.
A Bit About Me
A Bit About Me

Van professor tot popsanger
My musiek 'n psjies-mistieke pelgrimstog, sé Chappel

Michele Chappel se debuutalbum is vroeër vanweënaard in Suid-Afrika bekend geword.

We is moes as kind aangemoedig om musiek te maak nie. Ek het altyd wakker geword en gehoor daar daara-

michelechappel.com
A Bit About Me
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Sweet Spot
#1 Issue Holding Women Back
#1 Issue Holding Women Back

SELF-DOUBT:

“I’m not good enough, I don’t know where to start, I need training first, I need to take more classes, I just don’t feel ready.”

“Imposter Syndrome”
Pay Disparity

In the US, women’s pay compared to every dollar earned by white males:

- Asian women - $0.85
- White women - $0.77
- Black women - $0.61
- Native American women - $0.58
- Latina women - $0.53

CNBC Make it, April 2, 2019

Best and Worst Countries for Gender Equality

Global Gender Gap Index 2020 rankings
(1.0=full gender parity)

<table>
<thead>
<tr>
<th>Rank</th>
<th>Country</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Iceland</td>
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<td>2</td>
<td>Norway</td>
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<tr>
<td>153</td>
<td>Yemen</td>
<td>0.494</td>
</tr>
</tbody>
</table>
Few Women in High Tech

GAFAM: Women Still Underrepresented in Tech

Percentage of female employees in the workforce of major tech companies*

<table>
<thead>
<tr>
<th>Company</th>
<th>Total Workforce</th>
<th>Leadership Jobs</th>
<th>Tech Jobs</th>
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</thead>
<tbody>
<tr>
<td>Amazon</td>
<td>42%</td>
<td>37%</td>
<td>27%</td>
</tr>
<tr>
<td>Facebook</td>
<td>33%</td>
<td>33%</td>
<td>23%</td>
</tr>
<tr>
<td>Apple</td>
<td>32%</td>
<td>26%</td>
<td>23%</td>
</tr>
<tr>
<td>Google</td>
<td>28%</td>
<td>25%</td>
<td>20%</td>
</tr>
<tr>
<td>Microsoft</td>
<td>n/a</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

U.S. Civilian Labor Force 47%

* latest available data as of Feb. 19, 2020
Source: Company reports
#1 Issue Holding Us Back

“The most common way people give up their power is by thinking they don’t have any.”

Alice Walker, American writer (The Color Purple) and activist
See Your Strengths
Find Your Superpowers
Empower Yourself

E asy — What comes naturally to you that you may take for granted?

M oment —

P assion —

O pinion —

W eird —

E arly —

R ewarding —
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**W**eird — What makes you unique / stand out from others?

**E**arly — What were you drawn to as a child or young adult?

**R**ewarding — What would you do for free because it’s so intrinsically rewarding?
What Did You Come Up With?
When You Go To Work
You Leave Parts Behind
And Lose Your Power
Superpowers Distinguish You

Career:

- Skills Transfer
- Purple Squirrel
Superpowers Distinguish You

Paul Allen, Co-Founder of Microsoft

“It forces me to look beyond what currently exists and express myself in a new way.”

Sweet Spot

Playing Music  New Ideas  Coding
Superpowers Distinguish You

Off-Hours:

• Better team player
• Better problem solver
• Better evaluations
• Bigger picture thinking

Arthur Fry
Co-Creator of the Post-it Note
How Can You Use Your Superpowers?

Career:

• Skills Transfer

Off-Hours:

• Slash Career
• Hobby/Passion Project
• Volunteer/Community Work
One Last Word on Self-Doubt

“If you really want something and really work hard, and take advantage of opportunities and never give up, you will find a way.”

Jane Goodall

Amy Cuddy, Wonder Woman pose
What Next?

Free Superpower Session

michellechappel.com

Free PDF
Find Your Superpowers

chappel.michelle@gmail.com

Share Your Story

michellechappel.com
Create a Life That Totally Rocks

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