

# TTPC General Meeting

**TALENT THINK  
POWER CIRCLE**

April 2021

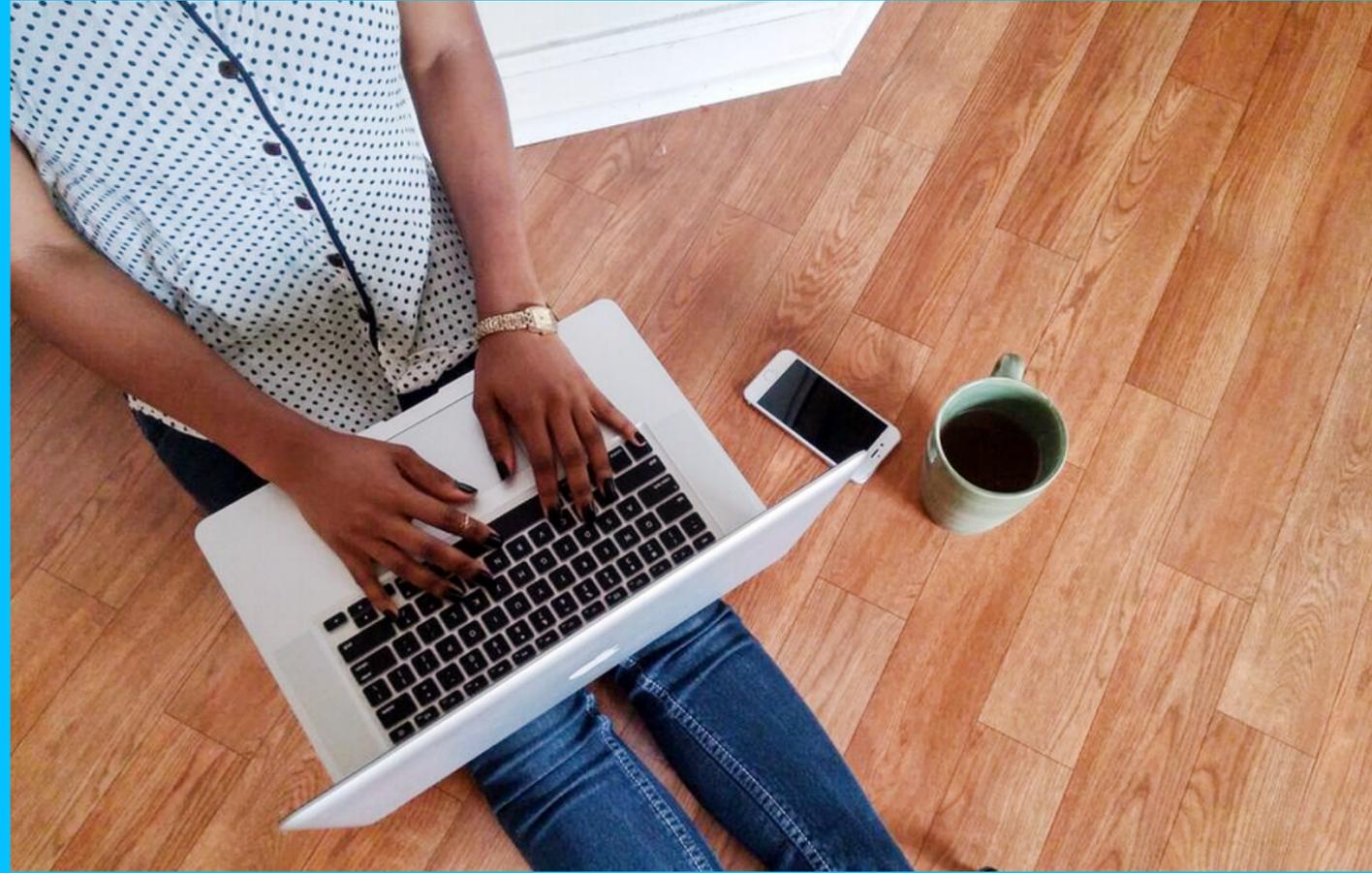
# Let's share our wins.

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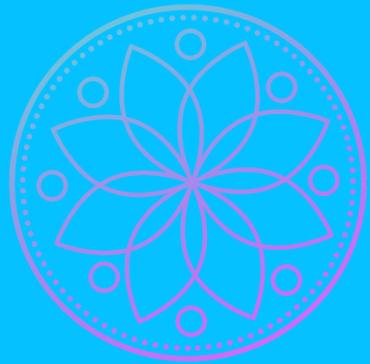


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# TTPC PILLARS



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# TTPC PILLARS & VALUES

As we continue to grow as a group, it is important that we have a shared vision about how we will operate with one another, but also out there in the world at large.

## Transformational

- TTPC members are mosaic of women dedicated to evolving individually and collectively in an effort to inspire change while supporting our sisters.

## Tenacious

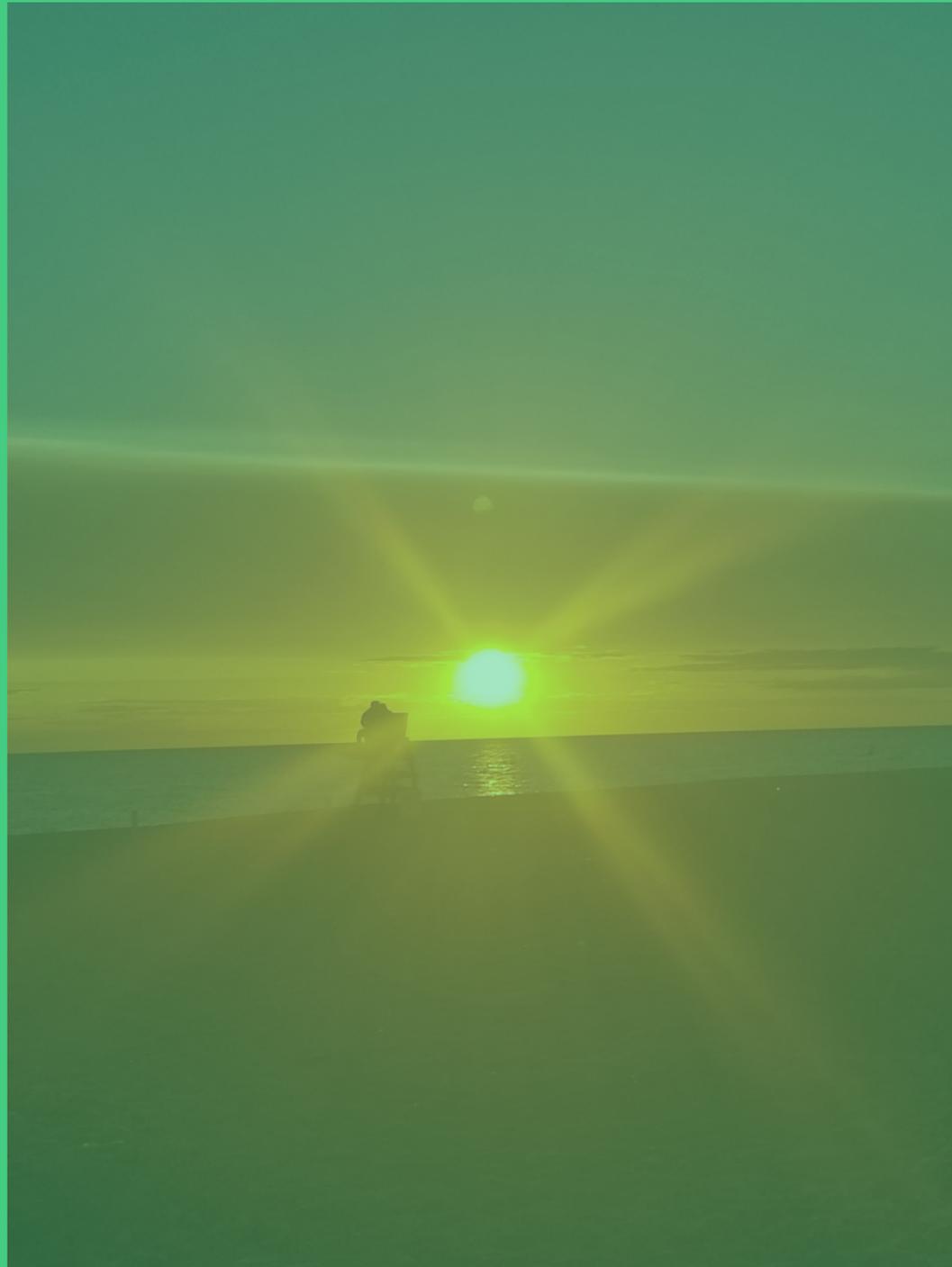
- We are committed and empowered to stay in the course through shared principles and inclusivity.

## Purposeful

- We are intentional in our personal, professional, and spiritual journeys making sure our impact does the greatest amount of good.

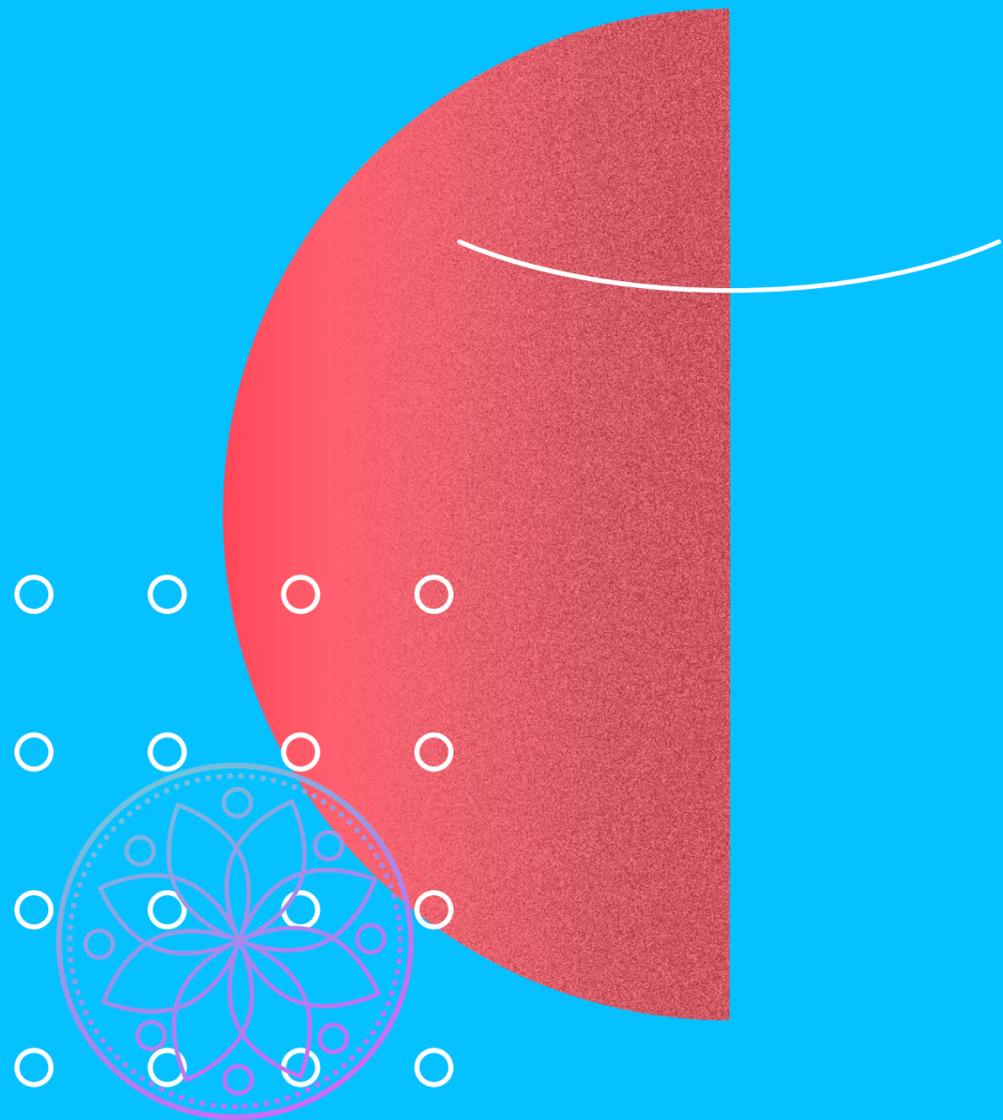
## Community

- TTPC is a resilient collective grounded by respect, transparency, and support for where each of us is in our respective journeys.



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# Growth & Equanimity



# THE NEXT HUMAN AGENDA

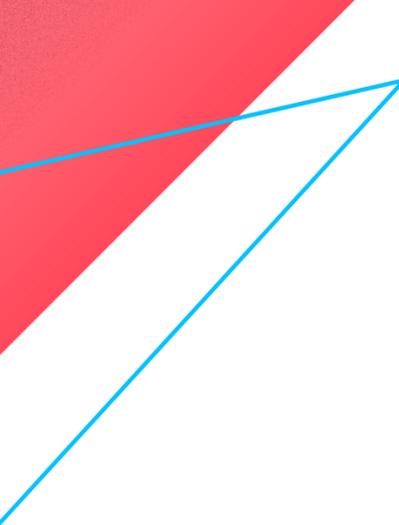
Yuval Harari, Author of "Sapiens" and "21  
Lessons for the 21st Century"

- Longevity
- Happiness
- Augmentation



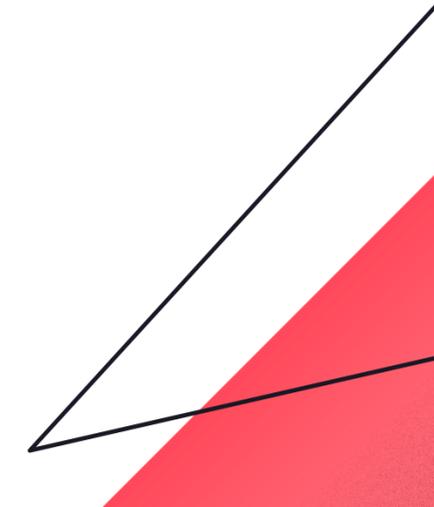
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"There is beauty in everything we do. We must change our perception about our hardships."

Gail Whitlow "Kanienkehaka" ~ (Mohawk)



EQUANIMITY  
REQUIRES US TO  
BE PRESENT TO  
BOTH THE  
PLEASANT AND  
UNPLEASANT.

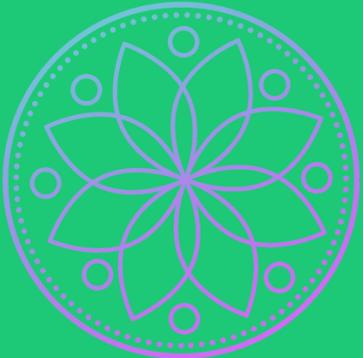
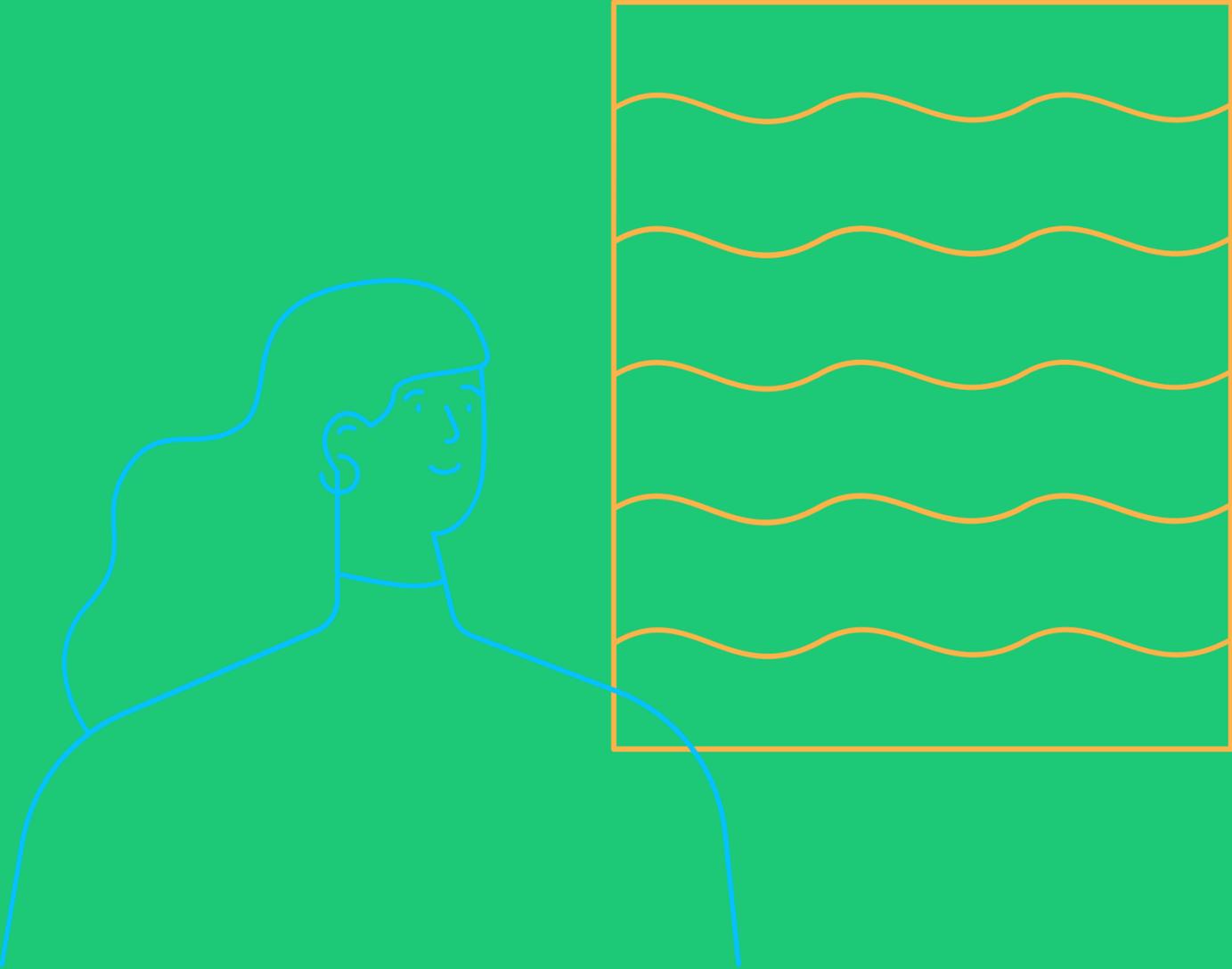
Many Eastern Ideologies are grounded in the foundational principle of equanimity. Equanimity is a state of mental composure and balance in temperament during a difficult situation.

When we apply equanimity to our lives we see everything as an experience worth having without having to attach a particular value to the circumstance.



Achieving balance in life requires us to look at things from a higher perspective. Life is a series of events that are never satisfying enough until you're on the other side of it. Equanimity asks us to savor every bit of it throughout.

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# Ways to start utilizing equanimity

- How can I be more present to the pleasant and unpleasant?
- Where does this notion of "good" and "bad" begin in my story?
- Am I perceiving this circumstance as "bad" because it triggers an emotional response in me?
- How can I identify the roots of my own frustration to see the purpose in this experience?





# CHANT N' CHAT

This month, let us turn our focus to healing and rebirth. It is time to acknowledge ourselves as whole human beings in loving and non-judgmental ways. I commit to seeing my life with a new lens by cultivating more positivity throughout my lived experiences and having gratitude for my journey.



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THANK YOU!