

Fostering an ABLE environment

Armor yourself with communication tools that you can use as a leader, in your personal life, in the workplace, in your relationships, and in your family.

***Exclusive 19 page VulnerABLE eBook and additional worksheet provided to all attendees**

An able environment is a space that is free of judgement where we encourage one another that everyone is able to be vulnerable by destigmatizing the negative connotations of vulnerability. By learning and practicing the action steps to encourage vulnerability, we can spark change in ourselves and for the greater good, own our voices and authenticity, and accept the voices around us.

Do you....

....struggle with making genuine friendships where you feel supported and understood?

....struggling with bullying in your school/work/personal environment?

....struggle communicating with friends and family in times of conflict?

....struggle with self-doubt, stress, and anxiety?

....continually find yourself being influenced by peer pressure?

....find yourself bonding with people over gossiping about others?

....feel not good enough?

....Let jealousy and judgements about others control your actions?

Let's talk about why it is vital to notice the meaning of the word "-able" in "vulnerable."

Julia Ruggiero helps you become more comfortable being vulnerable with yourself and others. In our everyday lives, we are often expected not to show our emotions despite being emotional human beings with thoughts, feelings, and experiences that ebb and flow. By bringing attention to our own and other's vulnerability, and identifying what habits get in the way of authentic connection, we are able to humanize our environment, whether personal or professional.

Fostering an able environment, a space that is free of judgement, means to continually encourage one another that we are all able to be truly vulnerable with one another.

Julia communicates the importance of vulnerability through engaging stories and personalized interactions with the audience. Learn how to communicate effectively with one another while also focusing on how you have permission to be vulnerABLE, understanding how to push past critics to share your authentic voice and encouraging others to do the same.

This presentation is followed by an activity that will help spark a conversation about vulnerability, encouraging you to speak up about your goals as a leader/student/partner/etc, and identify what barriers are in your way, hindering your ability to be vulnerable. Discussion activities not only help encourage listening, but also highlight the importance of discussion and the ability to open the floor to relate to one another.

The activity can be customized based on your preferences to personalize the experience for each specific group. Recommended reflection and discussion based activities that precede the presentation include:

- **Tackling Self-Doubt Discussion**
 - Identify a negative or critical comment that someone said to you that you started to believe about yourself.
 - How did this comment make you feel?
 - Why do you think that this is a triggering statement in your life?
 - How can we look at this comment with new eyes and not define ourselves by criticism?
- **Proactivity VS Reactivity Discussion**
 - What is something that frustrates you?
 - How do you react when you are frustrated?
 - What is one strategy that we learned today that we can use to better react in times of frustration/anger/any other strong emotion?
- **Goals and Barriers Discussion**
 - What is something that you dream to do in your life?
 - What is something that is holding you back from achieving this dream?
 - How can I overcome this barrier?
 - What does this dream mean to you?
- **Supporting Vulnerability Discussion**
 - What is one thing our friends/family can do to better support us in times of stress and anxiety?

- What is one way we can better support others?

Learning objectives

- Redefine vulnerability.
- Recognize behaviors that get in the way of being vulnerable with one another.
- Understand the reality of vulnerability and human connection so we can open our arms to accept ourselves and others.
- Identify action and reaction habits that will help create a safe space of vulnerability for self and others.

Partial list of takeaways

- Noticing the importance of everyone's voice and story will enable us to connect with ourselves and others as leaders.
- Acknowledging moments where being resistant can prohibit vulnerability and capitalizing on them as moments of growth that create larger opportunities to positively affect connecting with others in the future.
- Learning to develop confidence in yourself will provide you with the means to take action in using your voice and testimony and help others do the same.

For testimonials and more topics, visit:

<https://www.juliaruggiero.com/speaking>

Speaker Profile

Julia Ruggiero is a professional speaker, author, and marketer. Every week, you can find her at the Pittsburgh Zoo & PPG Aquarium where she is the Marketing Project Coordinator alongside more than 7,000 of Pittsburgh's furry and not-so-furry animal friends. A graduate from John Carroll University with concentrations in Integrated Marketing, Communications, and Leadership Development, her passions include continually learning and speaking about mental health awareness, educating others about Obsessive Compulsive Disorder, as well as creating content on how humans can better connect and communicate in times of conflict and division. As the author of, *VulnerABLE: How to Notice the Power of Vulnerability Through Lettuce, Laundry, and Love*, Julia's non-fiction book is meant to reach people looking to gain power over shame and doubt, noticing their ability and the potential in their voices. To connect with Julia and check out what she's been up to, head over to www.juliaruggiero.com!

By choosing to bring Julia in to speak with your organization, **you will help your team to leave a legacy of accepting vulnerability so that they can connect with others and deepen their relationships, productivity, and learning.**