

Teresa Vozza - Leadership Expert Helping Highly Accomplished Professional Women Up-Level Their Impact and Stop the Burnout - Episode 262

Show Notes

In this Episode:

- Teresa discusses her need to show up and never say no during her corporate career
- Her inner journey of self-discovery
- The importance of establishing boundaries
- Patriarchal society blueprints and the expectations these place on women
- Untangling her need for attention, accolades, and praise
- Signs a person is experiencing burnout
- The vicious cycles of burnout and tips on how to stop
- The importance of knowing when you have stepped into over care
- How genuine self-care is being in a state of renewal more than in a state of energy depletion
- Teresa's most significant lessons in growing her business
- Why time is sacred

Notable Quotes:

"I didn't see no as an option, which eventually led me to the ER." -Teresa Vozza

"Women are taught from a very young age to play nice." -Teresa Vozza

"I knew how to do. I did not know how to be." -Teresa Vozza

"It was the best thing and worst thing that ever happened to me all at the same time."
-Teresa Vozza

"Over care is when your energy reserves are so tapped out it's passed what you can actually accomplish. You're going beyond what your body, mind, and emotions can physically handle." -
Teresa Vozza

"I need to be energetically in a solid container." -Teresa Vozza

3 Pearls of Wisdom:

1. "Being precedes doing." - Bob Proctor
2. Leverage your DNA but do not override it.
3. Speak it loud.

Resources:

Teresa Vozza - leadership expert, certified executive coach, and former Human Resources Executive with over 20 years of corporate experience, most recently at Allianz Partners as CHRO.

Website: <https://www.teresavoza.ca>

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