

Embracing Change...Your Key to Thriving in Your Career Recap

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On July 25th, the BOLD committee hosted its highly anticipated workshop, “Embracing Change...Your Key to Thriving in Your Career”, the second of its Summer Series. With 35 members in attendance, highly acclaimed coach Jim Arnoff offered tips on career growth through embracing new possibilities that come with change.

The workshop was highly interactive, allowing for Jim as well as the members to offer personalized and constructive feedback to each other. During the first half of the workshop, Jim assessed each member’s one minute introductions and offered advice on creating stronger and more memorable impressions; some of the members’ key takeaways were to include humor, specificity and vulnerability to their introductions.

During the second half of the workshop, the members engaged in a discussion on their fears around “change” and brainstormed how they could reframe those fears into positive actionable phrases; some of the members’ key takeaways included the importance of fluidity, soul-guided risk taking and self-awareness. Overall, the workshop was incredibly productive, and we hope many of those in attendance were inspired to embrace change in their careers!



Jim Arnoff leads the workshop



Members share their fears around change

Special thank you to Jim Arnoff and Sumitomo Mitsui Banking Corporation SMBC for hosting a successful event.