



# Authentically Thriving from Your Best Self

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Susan Mackenty Brady  
HFMA | April 4, 2025

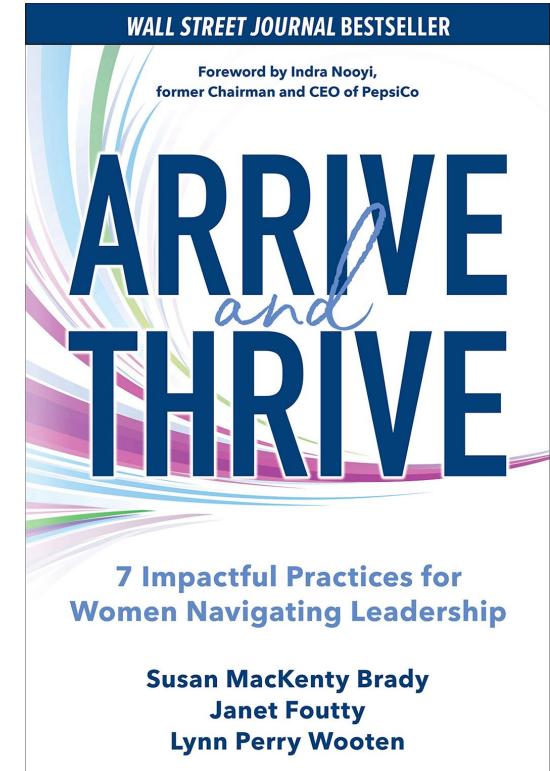
# We Want you to Thrive

A gift for you – take the time to create your pathway for “arriving and thriving”

The world needs better, more diverse leadership

To break through the glass and concrete ceilings, we need to hear from each other, learn from each other, and keep supporting each other.

Knowing (Research & Theory) \* Being (Stories & Case Studies)  
Doing (Tools & Practices)



# Thriving cultures allow everyone to

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- Do meaningful work
- Feel valued for who they are
- Learn, grow and develop

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Thriving is key to engagement, retention, and innovation

Women report they are more productive, creative, and more likely to “go above and beyond”

Thriving reduces costly turnover



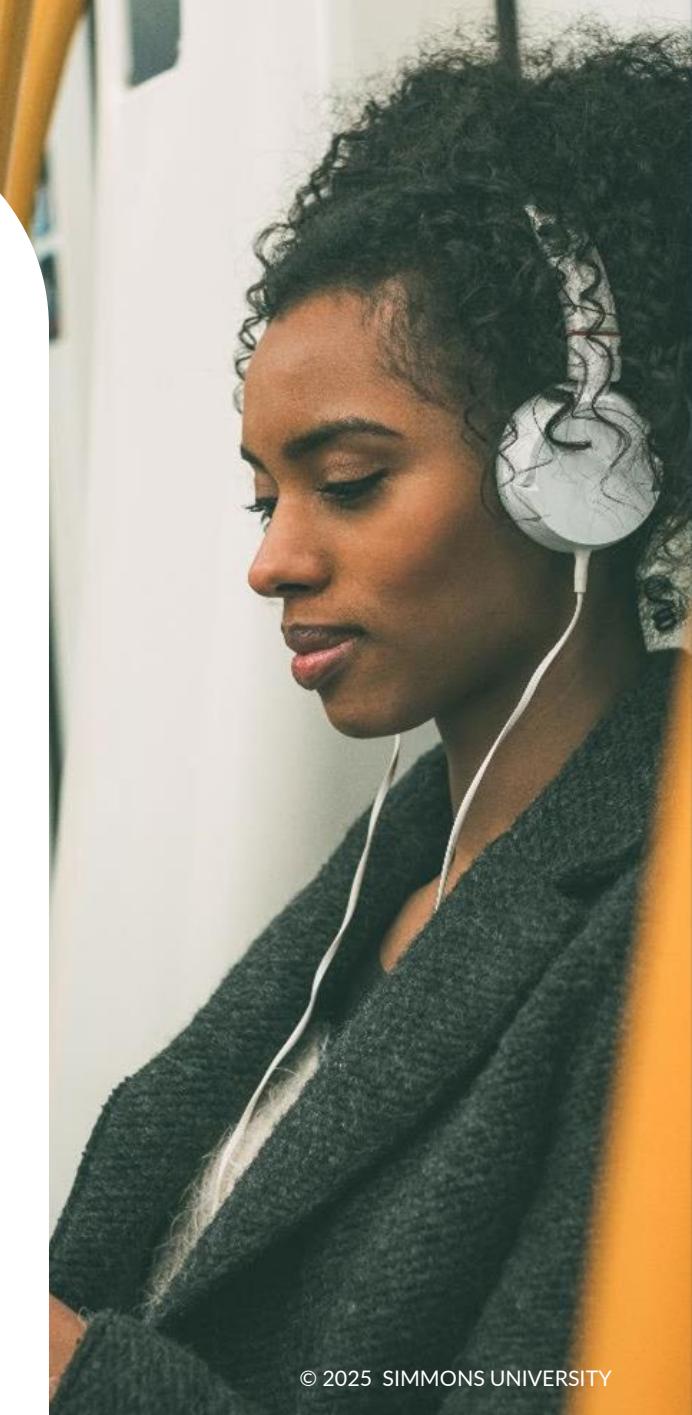
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Genuine Respect & Connection  
Begins Inside Us.

Know your BEST SELF.

## Character Strengths & Talents



A teal background featuring a circular radial pattern of concentric circles, creating a sense of depth and motion.

# WHAT'S YOUR BEST SELF ADJECTIVE?





Fulfilled  
Empowered  
At Ease

Healthy  
Accomplished  
Grounded

Joyful  
Calm

Happy

Energized  
Positive

Purposeful  
Successful  
Impactful  
Influencing

Light  
Inspiring

Confident

Integrated

# Good for Business

Accelerate  
Organizational  
performance

Generate More  
Value

Attract and  
Retain the Best  
Talent

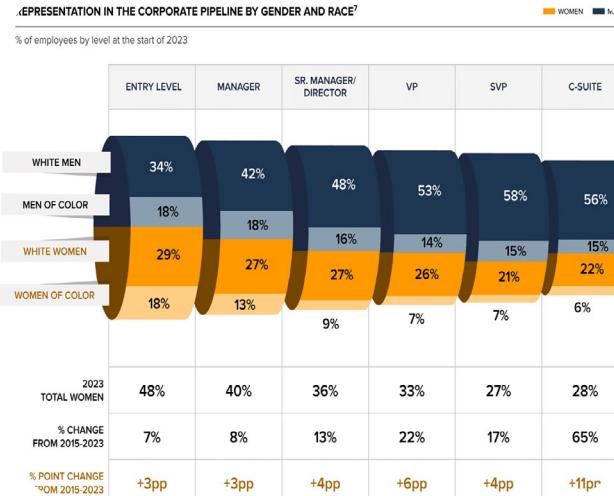


- Better innovation
- More risk taking
- More creative problem solving
- Higher engagement
- Increased morale
- More creativity and FUN
- Less complaints; Navigate conflict skillfully
- Less Burnout/stress/mental health leaves



# WHY IS LEADING FROM OUR BEST SELF SO HARD?

# Complexities of Difference





All of these differences are complex.  
How do we co-exist?

## Solo Sailor



## Bully



## Change Blocker



## Overextender



# Thriving blockers

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## Research participants cited

- Poor communication
- Lack of transparency
- Ineffective leadership behaviors ranging from conflict avoidance to bullying
- Internal factors, including self doubt and fear of failure



## Blockers to THRIVING at work

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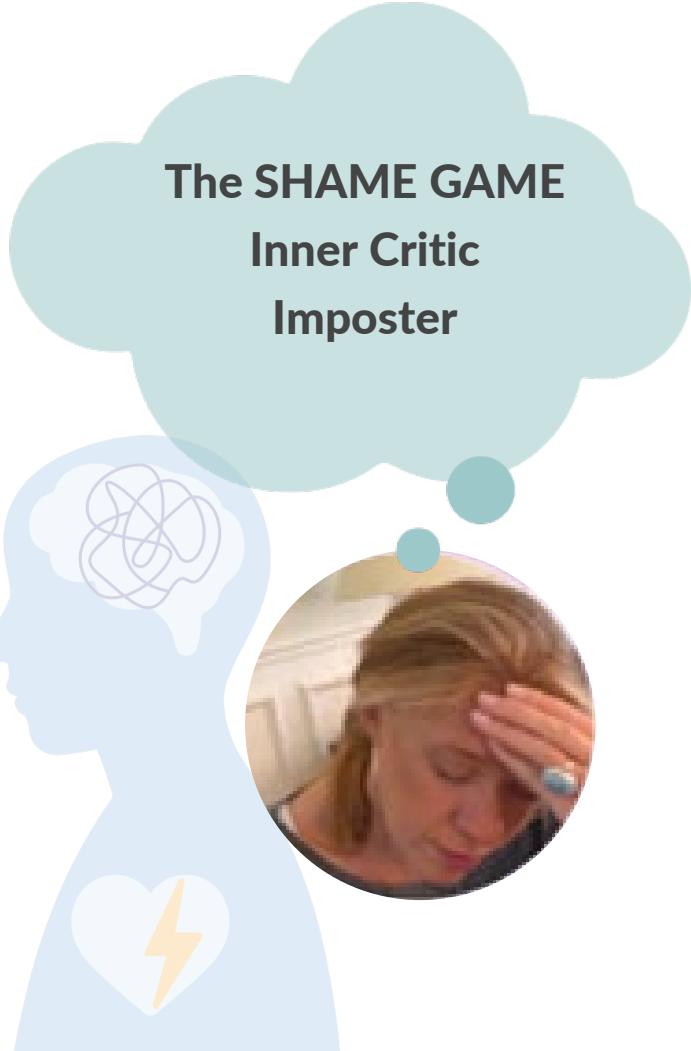
- Poor communication
- Lack of transparency
- Micromanaging
- Conflict avoidance
- Tolerating or enacting disrespect
- Favoritism
- Bullying



*We have ALL been blockers to  
Thriving at work.*







**The SHAME GAME**  
Inner Critic  
Imposter



**The BLAME GAME**  
Self Righteous Indignation  
Grandiosity



# Bad for Business

Stagnates or Kills  
Performance

Hostile Work  
Environment

Good Talent  
Leaves



- Lack of innovation
- Lack of risk taking
- Poor problem solving
- Declining engagement and morale
- Lack of creativity
- Conflict avoidance and/or complaints
- Burnout/stress/mental health leaves



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*What we think and feel drives  
what we say and do.*

Tune into your inner voice.

# WHAT'S YOUR (BLOCKER OF ORGANIZATIONAL THRIVING) ADJECTIVE?





**Fog**  
Stressed  
Ineffective  
Shut down  
Distracted  
Annoyed  
Unproductive  
**brain**  
Not enough  
Demotivated  
Overwhelmed  
**Irritable**  
**Agitated**  
Guilty  
Tired  
Angry  
Frustrated  
Incapable  
**Sad**  
**Unproductive**



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# Returning to your Best Self is a Moment-to-Moment Practice.





I am worthy. You are worthy.  
I am enough. You are enough.  
I add value. You add value.





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Reengage only after you  
return to your Best Self.



## Chat GPT

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What do humans need to focus on if we are to be valuable in the future and effectively lead change?

- CHAT GPT, March 9, 2025

“The future belongs to leaders who can navigate complexity while keeping humanity at the heart of leadership””

*Q: What do you mean by “humanity at the heart of leadership?”*

Leading with empathy, respect, and authenticity while prioritizing people’s well-being, growth, and connection.



**Authenticity: aligning words & actions with  
the best & most ethical version of yourself**



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Know that the “Soft Skills”  
are *actually* your *thriving*  
Power Skills



When you return to your  
Authentic Best Self,  
you unlock the power  
*to connect*  
*to inspire*  
*to lead*  
in ways that truly matter.



# 5 Keys to Thriving from Your Authentic Best Self

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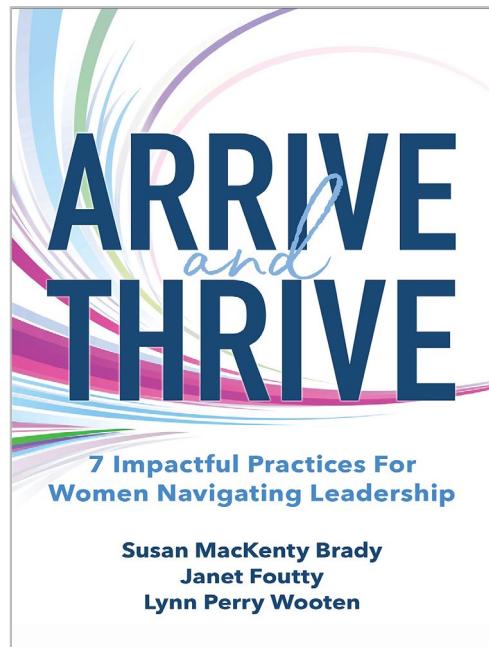
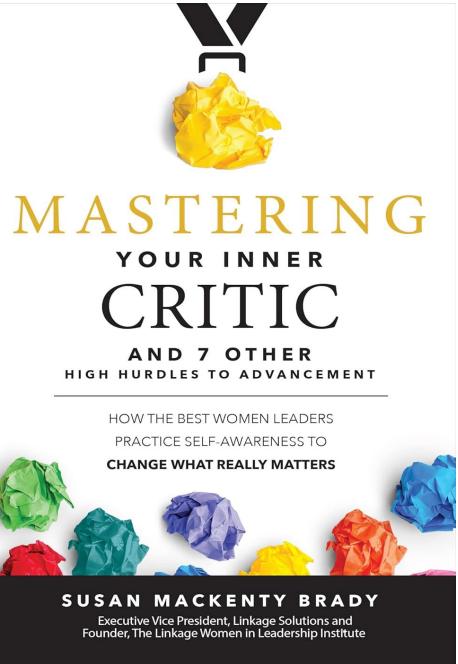
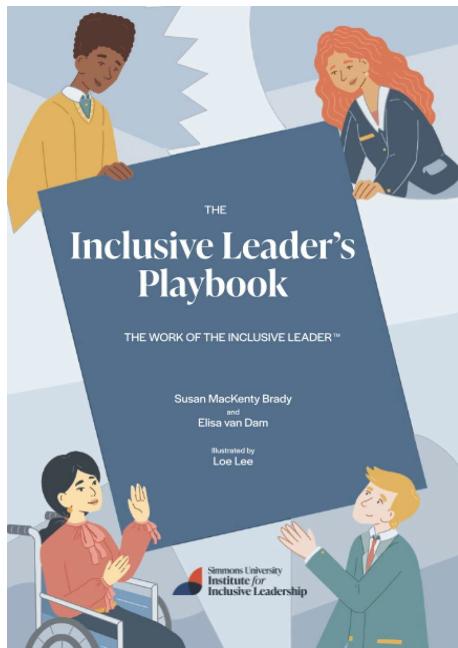
1. Genuine Respect & Connection Begins Inside Us. *Know your BEST SELF.*
2. Tune into your inner voice. *What we think and feel drives what we say and do.*
3. Returning to your Best Self is a *Moment-to-Moment Practice.*
4. Know that the “Soft Skills” are *actually your Power Skills*
5. Re Engage only after you *return to your Best Self.*

THE 30-SECOND GUIDE TO  
**COACHING** your  
**INNER CRITIC**

Susan Mackenty Brady



Illustrated by: Aftab Effan



COMING, SPRING 2026

# *All the Difference*

How the Best Leaders Transform Complex, Strife & Avoidance-Filled Teams into Their Organization's Most Powerful Strength



# Join our Thriving Community

## The Arrive & Thrive Field Guide





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[arrive.andthrive.com](http://arrive.andthrive.com)

[inclusiveleadership.com](http://inclusiveleadership.com)

