



WEL AMERICA 2024

3rd MILLENNIUM WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, MANAGEMENT POSITIVE PSYCHOLOGY, MENTAL HEALTH CONFERENCE (EDITION 4)

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Introduction: Becoming your authentic self is a process; it's about digging deep, recognizing your truths, finding out who you are and what you stand for, and giving your opinions and thoughts freely with respect and confidence

What is the Science behind Authenticity?

In "Sincerity and Authenticity," literary critic and Professor Lionel Trilling described how society in past centuries was held together by the commitment of people to fulfilling their stations in life, whether they were blacksmiths or barons.

Trilling argued that people in modern societies are much less willing to give up their individuality, and instead value authenticity.

But what, exactly, did he mean by authenticity?

What is authenticity

Like Trilling, many modern philosophers also understood authenticity as a kind of individuality.

For example, Søren Kierkegaard believed that being authentic meant breaking from cultural and social constraints and living a self-determined life.

The German philosopher Martin Heidegger equated authenticity to accepting who you are today and living up to all the potential you have in the future.

Writing many decades after Heidegger, the French existentialist Jean-Paul Sartre had a similar idea: People have the freedom to interpret themselves, and their experiences, however they like. So being true to oneself means living as the person you think yourself to be.

Common among these different perspectives is the notion that there is something about a person that represents who they really are. If we could only find the true self hidden behind the false self, we could live a perfectly authentic life.

Why Should I Become My Authentic Self?

Each person has their reasons why they want to become authentic...

THE POWER OF AUTHENTICITY: HOW TO LIVE A LIFE THAT IS TRUE TO YOURSELF.

Edna J. White

Inspirational Speaker, Author, Life Coach & Podcast Host, USA

- Lead a fully connected life
- Relationships will be stronger & more connected
- Confidence will grow & be strong
- Live a life connect to values & beliefs
- Being open & free giving your thoughts & opinions
- Knowing who you are & who you are not
- Confidence to ask for what you want & need in life
- Confidence to do things you want in life
- Conversations will be more meaningful
- Attract more people to you
- Living your true, whole, engaged life– worth living

There are many reasons and everyone will have their personal reasons!

After the work of becoming self-aware you have to live your life the way you want and you are free to be you!

Is it Worth it?

Becoming fully authentically, self-aware, and have a complete connection to all your relationships and the world, you will wonder how you survived without having that knowledge.

- Everyone will be different
- Process is ongoing– there's still more to learn!
- Becoming comfortable with self

the journey of getting to your authentic self will tell you it is very much worth it and will last the rest of your fully engaged life!

You fully know your strengths & weaknesses but work on it

- Core values identified
- Relaxed about voicing your opinions