



# Authenticity

## WHAT DOES IT MEAN FOR ME?

Authenticity.

I've been thinking about that over the last few days.

What does it mean and how do I relate that to what I do.

Someone said to me last week, the first step to being authentic is showing up. Let people see who you are.

It might just be me but having the courage to do that can feel a bit scary sometimes.

However it's also hard work trying to be someone you're not too. I've seen people do that and it's not ended well.

So, isn't it all about 'being human'. Being you.

Note to self: You might not be everyone's cup of tea but that's OK. Not everyone likes tea. (Although if you know me, you'll know tea is a non-negotiable life choice!)

#businessgrowth#humancentricity businesspartnering #employeeengagement



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