Winnsday Session on Skill Building

On our October 28th WiNNsday Session, we discussed “essential skills” for successfully navigating life and careers in conservation. Together, we came up with the following list that we hope you share and discuss with your own chapters:

1. Innovation/lateral thinking
2. Building coalitions
3. Education
4. Consensus building
5. Inner strength (to multitask)
6. Seeing other people's goals (what's best for everybody) – inclusivity
7. Building networks to get answers/find other people to rely on
8. Asking for help
9. Cheerleading
10. Ability to form kinships and pool resources to increase social capital
11. Resourcefulness, collaboration (though note, Queen Bee syndrome – not being actually tougher on other women than men, like someone who reaches a top position and has the attitude of “I got the one spot” for women)
12. Emotional intelligence
13. Listening/observational skills: being able to listen, learn, be receptive to differences
14. Being more approachable/softer so more doors are opened in some ways
15. Keeping focus on why we care, why is this important, overall goals
16. Finding a balance that works for you, like being able to end the day and build healthy boundaries for your family life.
17. Navigating imposter syndrome (we love listening to Tara Brach's podcast).
18. Finding your confidence, being able to cultivate confidence from inside yourself rather than being validated by other people.
19. Creativity – experimental design, solutions, bringing in different perspectives
20. Being logical and rational when problem solving
21. Not being afraid to ask for help
22. Perseverance
23. Being reflective and pausing on ourselves and our work
24. Being Flexible and adaptable
25. Knowing how to deal with conflict and strong personalities
26. Willingness to say: “I don’t Know”. 😊

We also shared the following resources:

The Mindset Continuum, for cultivating a growth-mindset:

<https://mindfulbydesign.com/wp-content/uploads/2017/04/mindset_continuum.pdf>

Some tips on dealing with being mansplained:

<https://theconversation.com/mansplaining-new-solutions-to-a-tiresome-old-problem-120400>

Books:

"The Secret Thoughts of Successful Women" is a great book for navigating imposter syndrome

"Warrior Goddess Training" is a wonderful book for finding yourself and being strong through adversity