

# Courage: Powerful Lessons 2020 Taught Us About Strength and Resilience



## *Webinar Summary*

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The year of 2020 severely stretched our emotional, professional, and personal boundaries. It revealed our exposure to uncertainty, inequity, and risks in an unprecedented way. For many, it felt like our world was frozen at a standstill. Control over careers, relationships, emotions, and structure was lost; control over various facets of life that were so easy to take for granted were stripped from us.

But, instead of shying away, many decided it was an opportunity to be courageous by seeking new ways to grow. We had the honor of hosting three such women at our May 2021 HerPath webinar, and we hope they inspire you as they have inspired us. Amy McKenna, Angela Dunleavy, and Aiko Bethea joined us to discuss how vulnerability, transparency, and confronting your past all tie into the topic of courage. In one hour, they articulately break down the valuable principles they've learned in the last year. With the insights they have gained, they remind us *“to focus on what is important,” “to keep going and check our surroundings,”* and *“to value who we are because we are, without a doubt, our best thing.”*

Sue Peterson and Rachele Bouchard are the superwomen of Pathstone and leaders within our HerPath committee. We are grateful to them for leading the panel in discussion. Together, we can strengthen our own roads to recovery personally and as a community and grow to become more courageous.

### **Six Takeaways we Loved and Learned from our Phenomenal Panelists:**

- 1) Vulnerability is the key to courage and is defined as “uncertainty, risk, and emotional exposure” (Brené Brown).
- 2) Being transparent with others about your challenges allows for stronger connections and closer relationships.
- 3) Giving yourself permission to be grounded and show up in an authentic way ultimately allows you to better serve others.
- 4) Setting boundaries gives you the necessary space to process your thoughts and emotions.
- 5) It is essential to intentionally create and celebrate moments of joy and practice gratitude to replenish during challenging times.
- 6) Embracing your past and being authentic about who you are empowers you and others.

## About the Authors

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Lynnae is an Advisor in Pathstone's Bellevue office, serving as a main point of contact for numerous high-net-worth clients. She works directly with senior executives and advisors on providing specific, customized financial solutions designed to meet clients' individual needs, goals, and wealth objectives. Lynnae supports a variety of client relationships and provides a wide range of services including portfolio maintenance, asset allocation, investment performance analysis, reporting, and plan implementation.



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