

## REAL EYES REALIZE “10 Keys to Unlock the Potential of All Women”

Our **REAL Eyes Realize** podcast interview with **Jane Finette** reviewed practical ways in which each and every one of us can support unlocking the potential of women in our world, thereby investing in education, environmental protection, and improved rights of all living beings. These 10 Keys are what we can do to empower women of all race, culture, and socio-economic background.

### 10 Keys to Unlock The Potential of All Women

**Key #1: Just Say Yes!** – By bringing more awareness to saying yes, we can help more women more often. We can build power, presence and joy by supporting a woman on her path. This sense of co-created potential is a powerful force for us all.

**Key #2: Tell Her She's Ready!** – Women know how to show up, manifest change, and give their all. Women are the solution and it requires us to believe we are the ones to make things happen. When we help a woman see she is ready, we set a ripple effect in motion. Women are born ready.

**Key #3: Stand Behind Her!** – Some days a kind word goes a long way. Other days, be ready to speak up, defend, call out, and call forward. When we stand behind her, we take an active stand for all women and contribute to progression and positive change.

**Key #4: Help Her Help Herself!** – When we empower ourselves, our commitment deepens, the likelihood of success expands, and the potential for deep fulfillment increases. Help can be additive to another's growth and confidence.

**Key #5: Actually Talk About Money!** – With greater security and empowerment, there is no limit to what women can accomplish. With increased wealth, we increase independence, self-sufficiency, and opportunities for whole families. Talking about money is about creating financial security and about women being a vital part of the conversation for how capital is spent in the world.

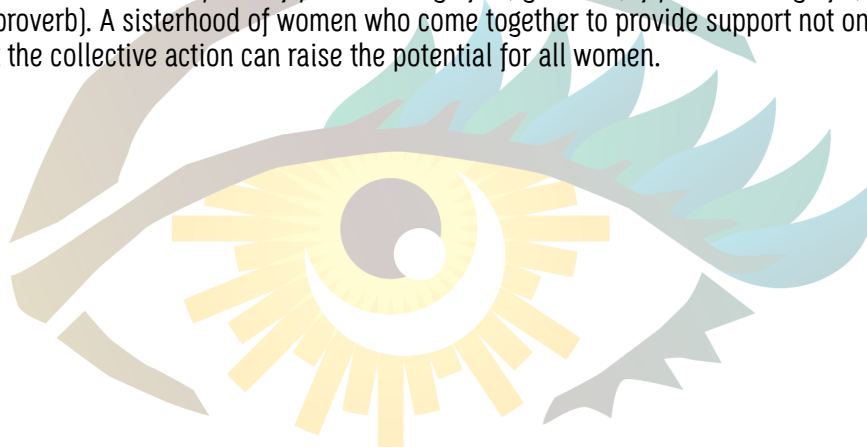
**Key #6: Stand Up For Her!** – Taking a stand takes courage. This is the moment we are compelled to act on our convictions and values, even if it means taking a substantial risk. Taking a stand is a bold act. Speak up when we see a sister trying to say something and getting interrupted, repeat her good advice and give her credit, reinforce her expertise and take a positive stand for her.

**Key #7: Be the Example!** – Women at work, in our communities, and in our families are role models who inspire us, motivate us, and show us what is possible. Whether we are aware of it or not, our actions and examples are constantly being observed. Without knowing it, we may have already inspired another to take a leap of faith. When we consciously share our stories and successes, we increase the likelihood of more women being heard. When we are brave enough to be the example, we are living our full, beautiful, imperfect lives and others can see our truth, our power, and our wisdom,

**Key #8: Give Her Confidence!** – “We are what we think. All that we are, arises with our thoughts. With out thoughts, we make the world.” (Buddha). Our thoughts and beliefs, and therefore our resultant actions, shape our daily lives and ultimately determine our future. Confidence is built in unison when we believe in ourselves and others believe in us too. Together, we are stronger, more resilient, and the sum is bigger than the parts. We can all grow in size, courage, and significance. Building her self-assurance, supporting her next big step, and celebrating her achievements are all ways we can empower a woman forward.

**Key #9: Send the Elevator Down!** – When we see the view from the top, we gain perspective and it makes the climb worthwhile. The ascent is more sweet if others join us there. Make the journey possible for other journeyers. Look around and when you see someone with potential, looking up to the summit, give her the helping hand you wish you had.

**Key #10: Be a Sister!** – We are powerful, vibrant, strong and enduring women .... and we all still need a hug and someone to listen to us when we're down. At one moment or another, we all need someone to care for us and give us the boost we need to carry on. “If you want to go fast, go alone, If you want to go far, go together.” (African proverb). A sisterhood of women who come together to provide support not only helps a woman in need, but the collective action can raise the potential for all women.



For more information, and to read the collection of inspiring stories of empowered women, check out:

[Unlocked, How Empowered Women Empower Women](#) by Jane Finette.

OR check out [Jane Finette's website](#) or [The Coaching Fellowship](#).