

# **Heather Blonsky**

She / Her

# I'm Committed To

Creating space for authenticity

# What Holds Me Back

# from Being at My Best

- 1. Pushing for perfect
- 2. Saying "yes" when I don't have the bandwidth
- 3. Working with unclear or undefined objectives and expectations

## **5 Words To Describe Me**

Empathetic, curious, authentic, caring, optimistic

## Do's And Don'ts

#### for Communicating with Me

- 1. Be transparent and direct
- 2. Lead with kindness
- 3. Consider different points of view
- 4. Be open to giving and receiving feedback

## I Work Best When

- 1. I can ask questions, learn from and collaborate with others
- 2. I'm empowered to take ownership
- 3. There's room for vulnerability, uncertainty and growth

# **My Favorite Quote**

"When one tugs at a single thing in nature, she finds it attached to the rest of the world"

- John Muir

## **My Ideal Day Involves**

Connecting with people I care about, getting outside and moving, lingering over a good cup of coffee, laughing until my face hurts

#### What Makes Me Smile

Exploring new places, spending time with friends and family, a good book, a great dance party, witnessing small acts of kindness

