



May 2, 2024

Do you ever take note of how values play a role in your professional and personal life?

Since I was a kid, the importance of values has been instilled in me. But for a while, I lost sight of them.

I grew up in the suburbs of Washington, DC, and from 7th to 12th grade, attended a Quaker school, Sidwell Friends.

I am not actually a Quaker (nor were the majority of my schoolmates), so when I learned I'd be going there, I had no idea what to expect.

As it turns out, Quaker beliefs and values are pretty awesome. Like:

☀ Every single one of us has a spiritual life and an energy that connects us with each other.

☀ Our differences enrich our quest for knowledge, broaden our awareness, and foster empathy.

☀ We deepen understanding of our core values and how effectively we are honoring them through on-going self-evaluation.

☀ Above all, we strive to discern deeper truths about ourselves and our common humanity, allowing us to "let our lives speak."

Fast forward to a few weeks ago. I was honored to be an invited guest speaker at my alma mater for its annual Founder's Day, where the theme was "Let Your Life Speak."

My mission? To help the Upper School students unravel the mysteries of non-linear career paths and the myriad definitions of success.

Reflecting on my own journey, I came to realize how values such as service and community, instilled in me during my time at Sidwell, had profoundly shaped my trajectory. However, as I pursued a corporate career, I became fixated on climbing the ladder, inadvertently sidelining these fundamental values.

I was in such a rush to keep moving to the next level that I lost sight of the things that made me feel really great about myself and that connected me to others.

It wasn't until I took a step back and re-evaluated my priorities that I understood success can manifest in a host of forms beyond professional advancement.

It's what led me on my current path, which has brought my top values back into my life in ways I never could have imagined.

I'm profoundly grateful for the opportunity to share these insights with the Upper School students. Their enthusiasm and inquisitiveness lit up the room and they made me feel confident about their futures. The experience reminded me that:

💡 No one remembers us for how many hours we sit behind our desks, but for the impact we make and the relationships we foster.

💡 Our stories are not written in straight lines but in the twists and turns that make life truly remarkable.

💡 When we align what we do with our values, success can take on many different meanings and help us feel true fulfillment.



Sidwell Friends School, Washington, DC, April 16, 2024

If you're wondering "How on earth do I figure out what my top values are?" or you've simply lost sight of them, drop me a note - I'll walk you through some exercises that will help you reconnect to them!

Cheers, Tracy

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I offer 1:1 coaching, group coaching, team facilitation, and public speaking, and tailor offerings to the specific needs of you/your workplace. [Contact me to learn more.](#)

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Are you an emerging or established leader looking for support? Do you long to show up as your most confident self? Do you dream of the day when leadership feels effortless? If any of this describes you, [schedule a FREE 30 minute clarity call with me here](#) and make your struggles a thing of the past!