

# Shiri Bade



## I'M COMMITTED TO....

Inspiring you

## DO'S AND DON'TS FOR COMMUNICATING WITH ME

1. Do share personal stories
2. Do tell me the truth, I can handle it!
3. Do open your mind
4. Don't beat around the bush

## I WORK BEST WHEN...

1. People are open & honest with me
2. I feel I can be vulnerable with you
3. I get positive affirmations

## WHAT MAKES ME SMILE IS...

1. My son. No matter what!
2. Blue skies, sunshine and a home made smoothie (simultaneously)

## 5 WORDS THAT DESCRIBE ME...

Genuine - Openminded - Insightful  
- Curious - Grounding

## \_\_\_\_\_ HOLDS ME BACK FROM BEING AT MY BEST...

1. Listening too much to the critical voices in my head
2. When I feel sorry for myself
3. Loud music or whining kids

## MY IDEAL DAY INVOLVES...

Sunshine, beach walk, yoga, quality time with the important people in my life, laughter

## MY FAVORITE QUOTE...

"Where there's a will, there's a way"