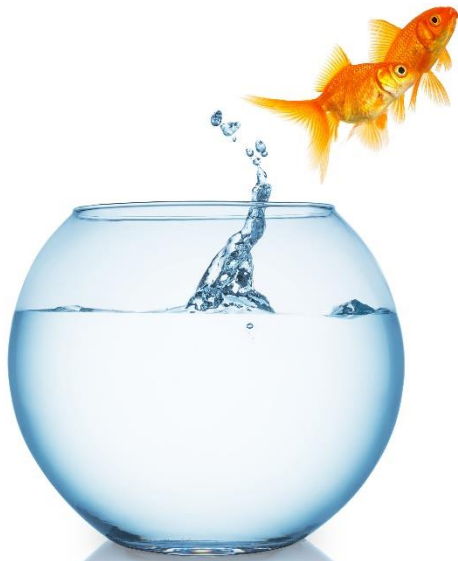


# EXCELSIOR:

Supercharge Your  
Talent

2017 Joint ERG Summit  
& Elevate Forum

ELEVATE



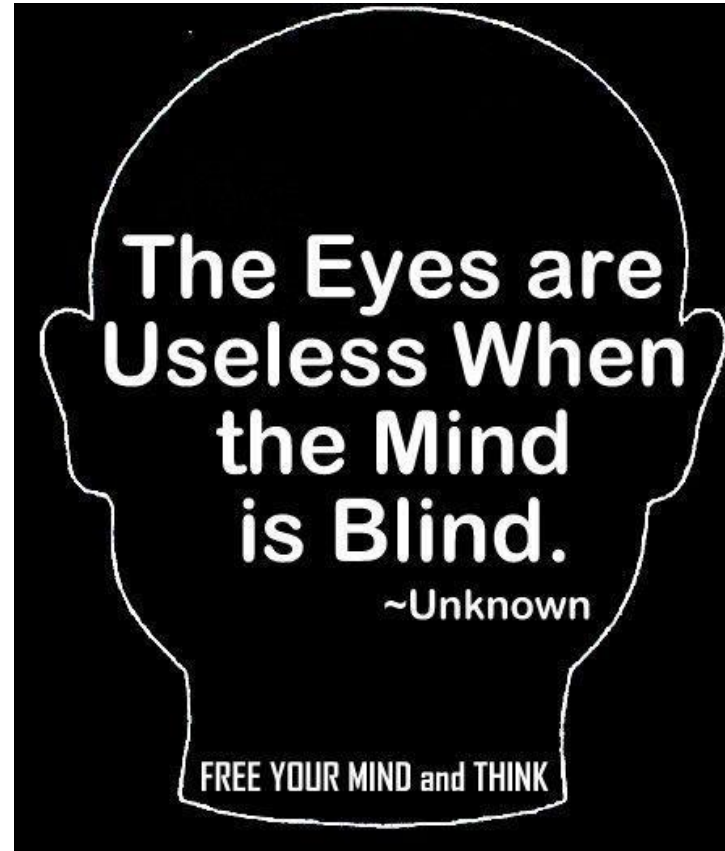


**Victoria Bowens**  
Director, Diversity and Inclusion,  
Department of the Navy



**THE “UNCOMFORT” ZONE**

# “UNCOMFORT”



## UNDERSTAND THE UNEXPLORED

# EMOTIONAL TRIGGERS

Anger

Fear

Insecurity



Trust

Change

Control

# COURSE CORRECT

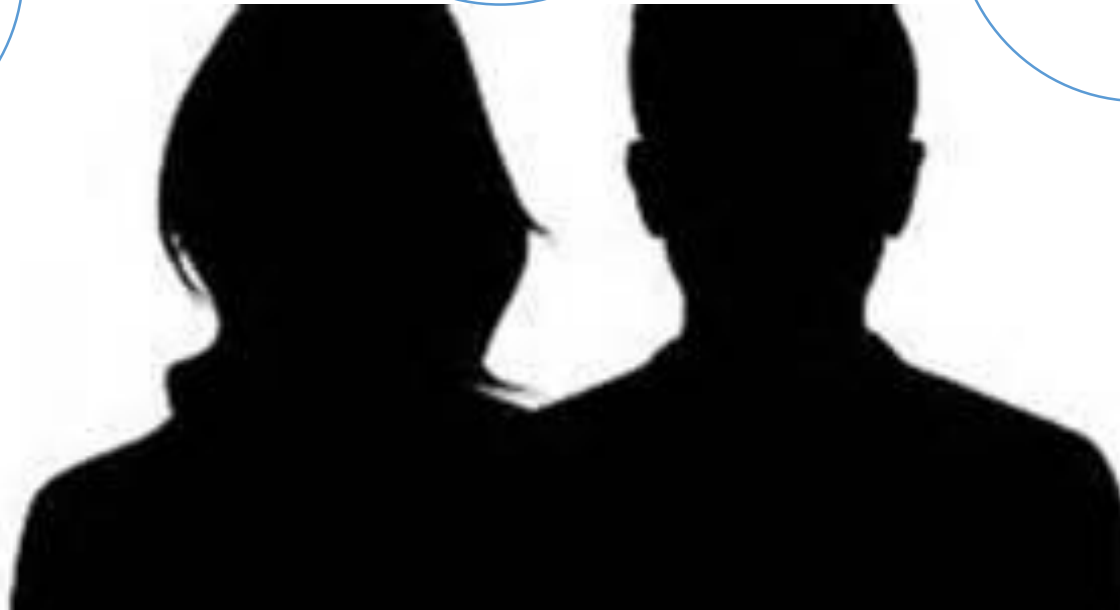
Monitor your thoughts

Check your social connectedness

Avoid Stereotypes

Look for the positive

Remember how it feels



**GET BUSY LIVING**

**YOU HAVE NOW  
DEPARTED FROM  
THE  
“UNCOMFORT”  
ZONE**

# Thank you, Victoria Bowens!



**ELEVATE**  
Don't Wait. Elevate.