



# LIZ BOHANNON

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Liz Forkin Bohannon is the founder of Sseko Designs, the author of the book *Beginner's Pluck: Build your Life of Purpose & Impact Now*, and host of the *Plucking Up* podcast. Through her work in the fashion industry, Bohannon seeks to create educational and economic opportunities for women worldwide and infuse radical transparency and equity into the global supply chain. She uses her entrepreneurial journey and learnings as an author, writer, and speaker to inspire and equip leaders across the globe to build lives of purpose, passion, and impact. Bohannon's story has been featured in dozens of publications, including *Vogue*, *Redbook*, *Fortune*, and *O*, and appeared on national broadcasts, including ABC's *Shark Tank* and *Good Morning America*. Among other notable honors, Bohannon was named a top three Transformation Leader by John Maxwell, *Forbes* listed her as a top 20 public speaker in the U.S., and *Bloomberg Businessweek* named her a leading social entrepreneur to watch.

## ***It's Lonely at the Top.*** **(BUT IT DOESN'T HAVE TO BE)**

Leadership can be an isolating experience. The daily pressure to perform, wrestling with gut-wrenching decisions, and driving hard conversations all weigh on a leader's soul. Overcoming what can often become a self-fulfilling prophecy of the lonely leader is not only crucial to your survival but also to those you lead. Drawing on her experiences as a successful entrepreneur and founder of Sseko Designs, Liz Bohannon understands the pressures that leaders face to have all the answers and make hard decisions in a complex and quickly changing landscape. Yet she's seen what a leader support system can provide: better decision-making, improved team dynamics, and increased mental health for leaders and society at large. Walk away from this talk ready to embrace vulnerability in a new way and build authentic connections that can support you in the challenges ahead.

### Outline

- A culture designed for loneliness
- The loneliness of leadership
- Loneliness Is not inevitable
- How to get started
- Hope dealers

## DISCUSSION QUESTIONS

### IT'S LONELY AT THE TOP. (BUT IT DOESN'T HAVE TO BE)

1. Have you observed the effects of loneliness on individuals in your daily life? What are these effects? (Consider your team, community, church, family, yourself, etc.)
2. As someone who influences people, how can you cultivate an environment of interdependence and connection within your context?
3. Outline some ideas that come to your mind for initiating this.
4. Who might be a suitable partner for this initiative? When could you invite him/her to collaborate on this?

## TAKING ACTION

*What actions will you undertake in the upcoming seven days to progress toward the development of a culture of interdependence?*