

UNMASKING AT WORK

A GUIDE DECK

Unmasking at
work!



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Today, choose one small way to show up more honestly at work, like speaking in your natural tone or not forcing a smile in every interaction.



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When someone asks how you are at work, answer with something real but safe, like “a bit tired but managing,” instead of the automatic “good.”



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Stop pretending you understand a task if you don't, and ask for clarification once, even if your voice shakes.



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Send one email today that sounds like you instead of corporate cosplay, as long as it stays respectful and clear.

