



## **"Asking for Help"**

### **Relieving Women of the Need to Do It All and Do It Alone**

With women, help is a one-way street. We're great at giving it, and terrible at asking for it. And often we're so busy taking care of everyone else that don't even know we need help until it's too late. For Kristine Breese, "too late" came in the form of cardiac arrest at age 35. After ignoring symptoms for years because she was "too busy working, driving carpool and trying to save the world" to go to the doctor, Breese learned the hard way that the path of the go-it-alone Superwoman is a perilous one indeed.

Breese's journey back to health and a new-found sense of what's important fuel a passionate presentation that exposes the **five myths** that keep women from asking for help.

#1 – If I Ask For Help, People Will Think I am Weak

#2 – No One Can Do it As Well As Me

#3 – "Help" is Like a Bank Account and It's Better to Make Deposits than Withdrawals

#4 – I'd Ask for Help, But I Don't Want to be a Burden

#5 – I Can Do a Million Things at Once, So I Should

Having dispelled these myths, Breese brings to light new truths and offers five guiding principles on asking for help to take the place of these myths that have not served us well.

#1 – Go Ahead and Ask, It's an Abundant Universe

#2 – Receive and Ye Shall Have More to Give

#3 – There is No "I" in "Team," But There is in "Family" and "Community"

#4 – Learning to Say "No" is Good for the Sisterhood

#5 – No One is Keeping Score – Except our Bodies, Our Spirits and Maybe Our Kids