

# WTP8 Workshop

"A Journey to Authenticity" with **Sigrid Marz**,  
4th July 2023, 13:30-15:00 CEST



*"We are relational beings and we desire authenticity in and through these relationships."*

Understanding what authentic leadership is and why it is important is a vital part of corporate life and of leadership growth. In July, WIL Member **Sigrid Marz**, Managing Partner/Ontological Coach at Summit Associates addressed this topic in her first ever workshop for our Women Talent Pool (WTP) Programme, "A Journey to Authenticity". During her 90-minute session, Sigrid described three pillars linked to authenticity - the body, language and emotions - making the link to such issues as power and politics in the workshop, and what they really mean.

During this interactive session, the Talents had the opportunity to exchange twice in small groups on how one's relationship with the body impacts authenticity, and on the link between credibility and vulnerability.



After moderating the Q&A session, WTP Talent **Lilas Métais**, Senior Manager at Tarkett, gave a wrap-up of the workshop, noting the main take aways and what had surprised her most.