



Staying True to Your Authentic Self

Ritu Bhasin

It's hard to be your authentic self when you're faced with racism and discrimination. Instead, you look to conformity, said Ritu Bhasin, president of [bhasin consulting inc.](#), at [Leadercast Women](#) 2018.

“The relentless push toward conformity starts at a young age,” she said, noting that as a child she was isolated and bullied for her brown skin and Sikh faith. She internalized all of the negative messaging thrown at her, which resulted in self-censoring, speaking up less and feeling unworthy.

After pursuing a career as a lawyer despite the racism around her, Ritu eventually decided to launch a career in inclusivity consulting. She found contentment through therapy, learning how to be her true self and investing her energy in educating others on diversity.

“Research says when we commit to being who we really are at our core, we will live happier lives personally and professionally,” Ritu shared at Leadercast Women. **“At the root of authenticity is a practice of knowing who we are, embracing who we are and being who we are.”**

Top Takeaways

- **Cultivate self-reflection practices** like journaling and meditation to connect with yourself.
- **Interrupt the negative narratives** in your head and replace them with positive truths.
- **Commit to strategically sharing more of yourself.** Ask yourself, “What’s one thing I’m not sharing at work because I fear judgment?”