

Apply Actuarial Skills to Increase Peoples' Personal Sense of Self-Worth

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Personal Leadership Vision Statement – Uri N. Sobel



Meet Ruby, named for the red color in her cheeks since she was born, and her mother, Victoria, who's been reading to her ever since. Victoria holds Ruby close, smells the sweet shampoo in her hair, marvels at her little fingers, only slightly bigger than the letters in the book. Victoria has nowhere she'd rather be, and Ruby couldn't feel safer, more valued, more worthy.

Meet Uri. I was 11 years old, and not a very good artist. I don't remember the title of the show, but my puppets were just Popsicle sticks with the characters' names hand-written on paper signs. I had an audience of one. My mom stopped me about a minute in to tell me she was bored, and it wasn't holding her interest that way. I don't remember the title of the show, but I remember feeling devalued, discouraged, and sad. Most painfully, I remember believing she was right.

That is my earliest memory of feeling like I was not living up to someone else's standards. Of not measuring up. That someone else's standards matter more than mine.

We had a pretty strict house, with strongly articulated values. Anyone to the left of us, a heretic; anyone to the right, a fanatic. Like the Biblical Ehud, I, too, am left-handed, but my double-edged sword was learning to live for the approval of others.

I'm not alone. We go to school and get a report card. Our bosses conduct annual evaluations. We literally buy drugs for performance anxiety.

My name is Uri Sobel, and my vision is to apply actuarial skills to increase peoples' personal sense of self-worth.

Do you walk through this earth feeling the confidence you portray and exhibit to those around you? Surveys say you don't. Up to 70% of us suffer from Imposter Syndrome at some point in our lives. A feeling that comes from putting on an act to meet others' expectations, because we've only learned to derive validation from others. Their accolades leave us anxious, at best, relieved, wondering if we can fool them the next time.

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Through:

- Parenting skills training memberships to nurture us.
- Manager psychological safety training to protect us.
- Therapy insurance to strengthen us.
- And other preventative programs to keep us emotionally and mentally healthy.

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- Where our personal sense of self-worth is our armor, not the masks we put on.
- Where we contribute our full selves to our families, communities, and workplaces.
- Where innovation and creativity burst forth, unfettered by the chains of self-doubt, deprecation, and insecurity.
- Where we live lives of mental health, emotional health, spiritual, relational, and yes, even physical health, because – we truly believe – we deserve it.
- Where I forge my own path, you march to the beat of your own drum, and others may join our parades if they choose; but, either way, we are reflections of our passions, for that is our birthright.

My name is Uri Sobel, and I want all children to grow up and develop like Ruby. Safe. Valued. Secure.

That same little puppeteer, and so many children just like him, also played... “Pretend!” Maybe you did too. Let’s finally stop playing pretend, and start living authenticity.