

Confident Speaking for Women

Clear | Confident | Courageous

Description

Dedicated to women rising in the organization, this highly interactive 3-hour working session is devoted to examining communication strengths and elevating personal awareness of how to leverage words and body language, plus accelerate career strategies. Through video clips, inspiring stories and “trying things out,” participants will walk away with strategies and a plan to be CLEAR, CONFIDENT AND COURAGEOUS in their communications.

Number of Participants

Optimal group size:
20 participants (*can go up to 30 and as low as 10*)

Learning

- Learn the three essentials of Confident Speaking for Women
- Watch advice featuring successful women
- Learn how “talk traps” undermine conversations
- Understand how vocal power projects authority

Doing

- Practice delivering a confident introduction
- Identify talk traps that undermine confident delivery
- Develop a well-organized, systematic message for speaking up in meetings and making requests
- Practice increasing your impact through direct language
- Project personal confidence and credibility through effective nonverbal language
- Use the PREP Model to respond to questions and assert your opinion
- Evaluate individual strengths and areas for improvement
- Develop and own your career by stretching and connecting