

# KELLI THOMPSON

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## PROGRAM TITLE: AMPLIFY YOUR VOICE

Time/Format: 45-60 Minutes as keynote/webinar or as a two-hour workshop (can be online)

Ruth Bader Ginsburg was almost right when she said, "Women belong in all places where decisions are being made." She's right, they need to be there, not just to be the token woman in the room, but to be empowered and supported to speak up and make her unique impact in that room.

As women level up, greater exposure to new leaders and audiences can bring more doubt, nerves and even imposter feelings, and that's not surprising. Studies show that 75% of the population fears public speaking in some form and 45% of women business leaders say it's difficult for women to speak up in virtual meetings.

With a higher-level audience, the stakes rise and the time shortens to show up confidently, deliver a clear message, and make the asks you need. Why does it matter to speak up with confidence make your impact at work? Holding back, keeping your talents silent serves no one. The University of Maryland found that women were more positively affected and gained more confidence when they saw women leaders speaking up - especially their direct supervisor.

Just one difficult presentation can deal a blow to your confidence for future presentations, so how do you show up, speak up and create the impact you want to make? Participants in this session will learn tools to boost their confidence, trust themselves, overcome doubt and practice a model for speaking up and advocating at work. They'll leave with a clear framework to present their ideas to make impact.

### TAKEAWAYS & LEARNING OBJECTIVES:

- Reflect on your current approach to making impact at work and create and improve your confidence and presence.
- Find clarity in your message by learning how to trust yourself and stop second-guessing.
- Reveal your authentic voice and point of view. Discover the transformational impact you make at work and in people's lives - just by speaking up.
- Boost your confidence at the moment it matters to overcome doubt and advocate for yourself. Learn to bring your most confident energy into big situations.
- Find the right words to speak up and say what you need and want to say.
- Practice a model for advocacy to help you show up as your authentic self, advocate in alignment with your values, and make clear and compelling impact in the rooms that matter.

**WORKSHOP VERSION:** Participants will take extra time to apply the tools discussed. Includes individual and small group confidence-building assignments to reframe their mindset, boost their confidence and practice their advocacy.