



KEYNOTE SPEAKER · COACH · WORKSHOP FACILITATOR



Take a look!



Their Success Is Your Success



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Confident, empowered employees innovate, create, and seek opportunities for growth, but not everyone has the skills they need to help you thrive.

The Leader/Follower Problem

There are all kinds of people in the world. Some love sharing ideas in front of a crowd. Others prefer to come to work, keep their head down, and get things done. But many of the quiet ones are struggling against internal and external biases that hold back their potential.

Over time, louder voices end up steering the ship and quieter ones accept their leadership. The social order is stable, but your organization's innovative power is lessened.

By not addressing this problem, you miss out on a huge pool of untapped potential; quiet voices with great ideas who share your organization's history and want it to succeed.

It's Time For Be Your Own Cheerleader

When I started out in corporate America, I too assumed the loudest voices were *more right* than I was. I withheld many great proposals because I thought they—and I—weren't good enough.

After numerous layoffs I finally realized my lack of confidence and internal biases were holding me back. I sucked at self-advocacy.

This AHA! moment led me to develop a suite of evidence-based communication and leadership tools that enable everyone to bring their full selves to work, have happy, healthy careers, and find fulfillment while contributing to your long-term success.

With My Help You Can:

- Tap into a pool of 'quiet experts'
- Energize them with the tools to contribute more effectively at work
- Provide skills that help everyone thrive inside and outside work, improving long-term health and wellbeing
- Add diverse voices and ideas to your company's leadership, a strategy proven to boost profitability and growth

Companies that don't invest:

- Keep doing what they are doing and getting the same results
- Stagnate or go bust through lack of innovation
- Experience high turnover and burnout
- Waste valuable human capital

Transform your organization's innovation potential with *Be Your Own Cheerleader*:

1 Communication Flow

Provides the skills needed to present ideas well, cope with objections, manage internal and external bias, and handle difficult conversations with confidence and empathy.

2 Mental Flow

Opens doors to new ways of thinking, equipping participants with the tools they need to seize growth opportunities, make positive impressions, and achieve career goals.

3 Energy Flow

Introduces energy management practices that reduce distraction and bring clarity and efficiency, for a focussed and productive professional life.