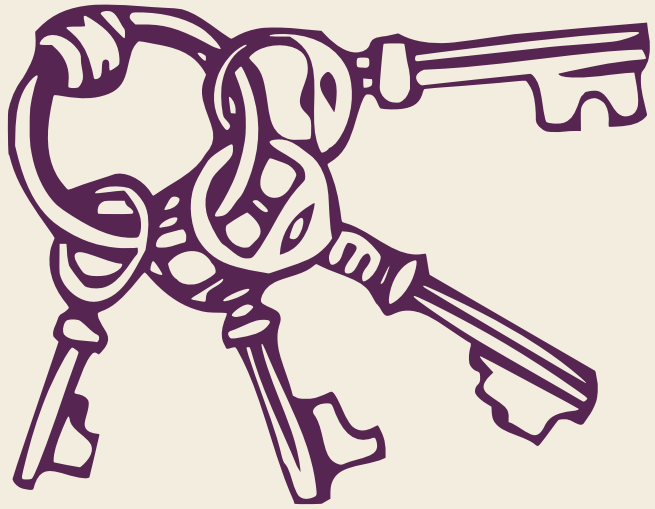


ELEVATE THE ROOM: COMMUNICATION TOOLS FOR CONFIDENCE, CONNECTION, AND LEADERSHIP

Own Your Space



As of (today's date) _____, I (name) _____ choose to recognize and accept that I am in the room for a reason. My voice matters. I bring something of value to every space I enter. I release the need to shrink or second guess myself. I have grace for myself as I continue to grow and develop who I am. I give myself permission to show up, speak up, and own my space.

Interrupt the Thought

Thoughts I Need to Catch

Example: "I don't want to say the wrong thing"

Thoughts I Can Reframe

Example: "I don't need to be perfect to contribute"

Elevate the Room

Practicing Courage

During a tough workout class
At a networking event
Speaking once in every mtg.
Raising your hand first
Trying something new publicly
Posting on LinkedIn
Volunteering to go first



Tips to Communicate w/ Confidence

- ✓ Energy is contagious
- ✓ Have authority | Build Warmth
- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Action Plan

What will you commit to practicing to lead with confidence and connection?

