



Elevate the Room: Communication Tools for Confidence, Connection, and Leadership

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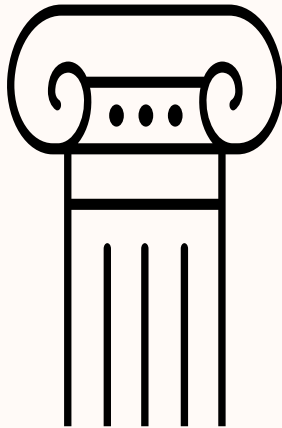
New.
Nervous.
Unsure.



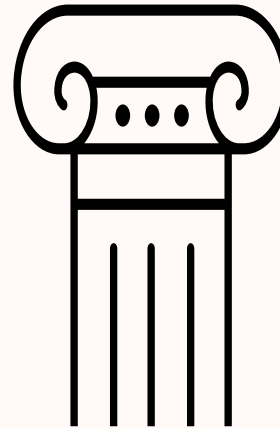
Have you ever...

- Stayed quiet when you knew you should speak?
- Questioned if you belonged in the room?
- Shrunk your voice to feel safe?
- Downplayed your expertise so you wouldn't seem "too much"?
- Left a meeting replaying what you should have said?

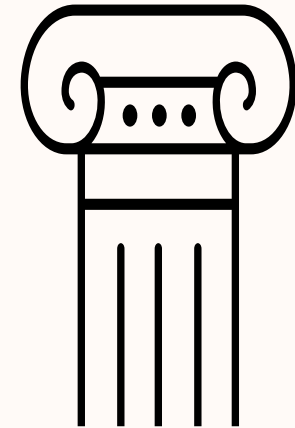
**Own your inner
voice**
Rewrite the story.



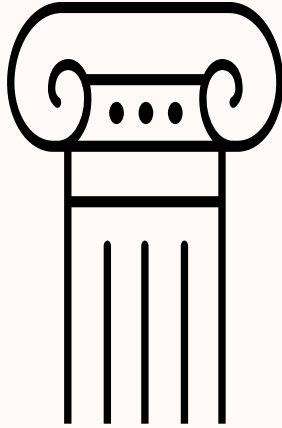
Own your words
Lead with warmth and
authority.



Own the Room
Shape energy, presence,
and impact



Pillar 1: Own Your Inner Voice



Your internal dialogue
determines your external
presence.



Who controls
the volume?

Audit Your Self-Talk

Catch → Reframe → Repeat

What kind of tone does your inner voice carry?

Train Your Mind Like a Muscle

Safe Reps → Build Strong Responses

Train Your Mind Like a Muscle

Safe Spaces to Practice Courage:

The gym

A tough workout class

A networking event

Speaking once in every meeting

Raising your hand first

Trying something new publicly

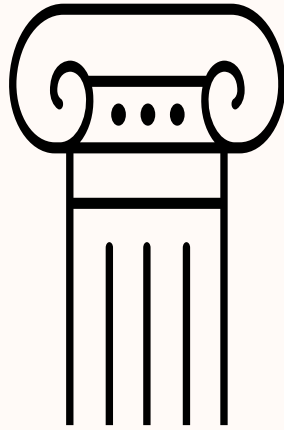
Having a low-stakes hard conversation

Posting on LinkedIn

Setting one boundary

Volunteering to go first

Pillar 2: Own Your Words



Authority = Preparation + Presence

Warmth = Intention

Power in Proper Preparation

Having Authority

Anticipate questions

Know your anchor
message

Write your script

Building Warmth

Prepare to listen

Prepare to acknowledge

Prepare to validate before
responding

Physical Presence + Permission

Having Authority

Sit fully in your chair

Finish sentences

Slow your pace

Building Warmth

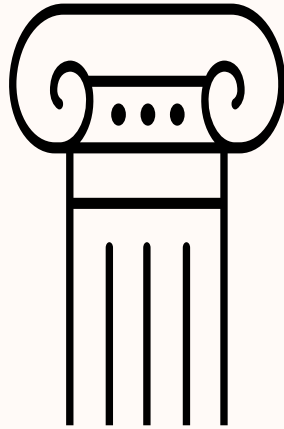
Prepare to listen

Prepare to acknowledge

Prepare to validate before
responding

**What will you do differently to prepare
and be present for your next
engagement?**

Pillar 3: Own the Room



You don't just speak in a room, you shape it.



Energy is Contagious

Your pace
Your posture = Set the temperature
Your tone

Structure Creates Safety and Engagement

What
Your
Audience
Wants
To Know



- Where you're going.
- Why it matters.
- What to do next.

Simple Framework to Elevate the Room

Regulate yourself

Control the volume inside.

Anchor the room

Name what matters.

Structure the path

Clarify where you're going.

Pair and Share

“Think about a room you’ll be in this month that matters.”

Then:

“What energy do you want to bring into it?”

Then:

“What structure will you use to guide it?”

Let them turn to a partner for 60 seconds.

Our Deepest Fear

Marianne Williamson