

Speeches Menu

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Unleash Your Inner Powerhouse: 3 Keys to Get Noticed, Get Heard and Get Ahead

People who stand in their true power and know who they really are, get noticed and get ahead in the world while everyone else continues to wait for the "right" moment (circumstances) while opportunities pass them by. After this interactive presentation you will know what to do to get noticed, get heard, get valued and get ahead in your career without compromising your values. You will understand how to own your power in your world/your industry/ your company.

- Get past impostor syndrome or thinking you must be perfect
- Stop undermining your confidence and learn how to be heard
- Identify what it takes to get paid what you're truly worth

Don't Let Your Brain Hijack Your Power

A common issue most people deal with both in business and in life, deal with is reacting. You might have had experiences where someone said or did something, and you took it personally or got upset. Sometimes you even discover later that you misinterpreted what was said or what was done. When this happens, you have no power. It is frustrating and costly.

- In this *interactive presentation*, you will discover why you react and learn practical ways to harness your reaction. When you can stop reacting, you reclaim your power.
- When you have power, you create powerful responses and engage in meaningful dialogue.

Express Your Power:

Is what you leave people with, the impression you want to leave them with?

From crafting a unique memorable introduction, your dress, your body language and what you say all leave people with an impression of you.

- In this interactive talk, you will examine and elevate the way in which you represent yourself and create your own "Power Profile". Janet is a master at having you express yourself as the powerful and unique professional you are.

Change makers: Women Empowering their Future

Although women are more recognized in the workplace, there still remains a wage gap, a leader gap, an influence gap. It is up to women to alter the culture and close the game.

- In this highly interactive talk, women learn techniques for empowering themselves and closing the gender gap in the workplace.

Be a Powerhouse Business Woman

If you struggle to express how great you really are, to describe what you do in an engaging and powerful way, Janet's work with you will rock your world. You will:

- Discover what has you give away your power
- Discover the key to owning and expressing your value powerfully
- Leave with practical tools to being a more effective business woman

Unleashing the Leader Within

Leadership is not an inborn trait. We all have the capacity to lead.

- In this interactive talk, you will discover how to express true leadership, where people around you win, too.

Communicating with Style

When you adapt your communication style to other's preferred style, you increase your ability to influence and your ability to sell (products, services and ideas)

- In this interactive talk, you will learn your own and other people's preferred communication style

The Power of Really Listening

When you are really listening, you will naturally be able to contribute to others as well as tap into the brilliance of others

- In this highly interactive talk, you will discover how much you actually don't listen and learn ways to increase your ability to listen.
- You will leave with an increased ability to influence others

Acknowledgment: Key to Productivity

Most of us only acknowledge when someone does something we judge as 'great'. What if you could learn to really acknowledge in a way that brings out the brilliance and greatness in others? In this talk you will leave with an ability to bring out the best in people.