



## Janet Zaretsky' s Sample Speech Menu

*All speeches are interactive and can be adapted for time and audience*

### **How to Be Your Own BS Detector and Stop. Downplaying. Your. Worth.**

#### *Women empower your future*

Sometimes we can be our own worst enemies, right? All the doubts, the anxious wondering whether we're doing a good enough job, always hoping no one finds out just how uncertain or insufficient we are.

Hello, are we done yet?! It's time to stop the BS!

Learn the secrets to shedding the self-sabotaging thoughts and habits—unleash your inner powerhouse! This fun, empowering and highly interactive presentation includes

- ❖ how to get past imposter syndrome or thinking you have to be perfect...
- ❖ the surprising culprit who's been stealing your confidence ...
- ❖ and what it REALLY takes to get paid what you're truly worth.

Janet Zaretsky, The BS-to-Brilliance Master, has a gift for having you unapologetically and confidently express yourself – and succeed! – as the unique and powerful professional you are.

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### **How to Banish the BS That Messes with Your Bottom line**

#### *How your brain tries to derail your finances...and what to do about it*

Have you ever wondered why, no matter how much you have or how good an opportunity is, you have struggle, fear and doubt when it comes to money?

What you may not know is that this BS is rooted in brain patterns. Fortunately, these self-sabotaging habits of thinking, acting and not acting can be kicked. In this insightful, interactive presentation, you'll learn

- ❖ why you aren't free to make, manage and have the money you want
- ❖ how to make the shift from uncertain to confident...
- ❖ and the difference it makes for your bottom line.



Don't let this pervasive trap keep you from having all the financial freedom you desire – it's time for bold, brilliant you to show up and have what you want.

Janet Zaretsky, The BS-to-Brilliance Master, has a gift for having you unlock your personal money flow leaving you powerful and free!

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## **The BS Our Brains Feed Us:**

### *How to get your mojo back*

You know those moments when you get totally triggered by something or someone and react badly? And then you can't seem to shake it off?

It's frustrating and embarrassing to realize you're blowing things out of proportion, and yet the human brain is hard wired to get upset.

In this lively and highly interactive presentation, you'll get complex brain science broken down into elegantly simple ideas and tips, including:

- ❖ why you react (and overreact) and how that dims your brilliance
- ❖ how to break the grip of ingrained brain patterns and engage in meaningful dialogue
- ❖ and the simple thing you can do to get your mojo back almost instantaneously!

Janet Zaretsky, The BS-to-Brilliance Master, has a gift for having you find, unlock and transform the 'thing' that grips us all, leaving you lightened up in life and able to be powerful in the face of anything!

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## **Sorry, Not Sorry!**

### *How to kick the career-crippling habit of reflexive apologizing*

Have you ever paid attention to how often an apology pops out of your mouth in situations where it's not only unnecessary but serves only to make you look and feel small?

The way most women have been socialized to say "oh, I'm sorry" constantly is straight-up BS!

Fortunately, this self-sabotaging habit can be kicked. In this insightful, interactive presentation, you'll learn

- ❖ just how oblivious most of us are to how often we apologize for no reason ...

- ❖ how to make the shift from apologetic to amazing...
- ❖ and the difference it makes for OTHERS when you don't play small by saying sorry all the time.

Don't let this pervasive trap bring you down – it's time for bold, brilliant you to show up and claim your space.

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## **Co-creating in Communication**

### *How to communicate in a way that brings out everybody's brilliance*

We all know that when we work together, we want to all 'win'.  
Have you wondered what the secret is to have a culture of win- win?

In this interactive talk, you will discover the secret in communication that sets up a culture where everyone experiences their own brilliance and becomes someone around whom others can win, too!

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## **You Say Potato, I Say 'Potahto': How to communicate brilliantly when you have different styles**

We deal with people, every day, that communicate differently than us. It seems, at times they are on a different plane. The key is in discovering and knowing your own communication style and other's styles. When you get this easy to understand key, you unlock the world of communication!

In this interactive talk, you will understand your own and other people's preferred communication style opening to the world of adapting. With adapting, you markedly increase your ability to influence and your ability to sell (products, services and **ideas**)!

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## **From 'Meh' to 'Mahvelous'!**

### *How to embrace your brilliant self and sparkle*

Is high-powered you coming across a bit...low wattage? Enough, already! We all know first impressions are formed in mere seconds. It's time to handle the seemingly inconsequential habits that have you coming across as more ordinary than extraordinary.

Learn the secrets to dazzling people in those crucial first moments, including

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- ❖ crafting a “wow” introduction...
- ❖ how to move through the world with confidence and have your body language reflect that...
- ❖ and how to dress to ensure that you shine and feel like your best self.

In this fun and highly interactive talk, we'll shed new light on what's keeping brilliant you from showing up as a true gem and polish your presence, even creating your own “Power Profile!”

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## **Invisible No More!**

### *How to show up as a powerful changemaker*

Studies have shown that when women are leaders in companies, the company has more success. Yet, it is challenging to get seen, heard and acknowledged. We will explore common reasons why this phenomenon continues to happen and effective strategies to be a woman in business who is the change maker.

Learning Objectives:

- ❖ Explore and discover what is holding your back in your career and financial trajectory
  - ❖ Discover what not to do and what to do in order to overcome the existing gender inequality
  - ❖ Leave with new actions to take to empower yourself and get yourself known powerfully
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## **The inherent BS of business Language today:**

### *Why women need to rethink how they speak to get ahead*

(Based on **TEDX: The Currency of Language**)

Our language as women is costing us money, costing us positions, costing us the ability to influence and have our brilliant ideas heard and implemented. In this powerful talk, you will discover why and what to do instead.