### Speak Up & Stand Out:

Communicate Your Confidence and Elevate Your Presence

with Carol Schulte

DPI - PDW 2019 Digital Crossroads: The End of IT? Wednesday, May 22, 2019





### It's not about **COMPETENCE**. It's all about **CONFIDENCE**.

### It's about being **BRAVE**...

### /BRĀV/:

The willingness to get into action long before you feel ready.

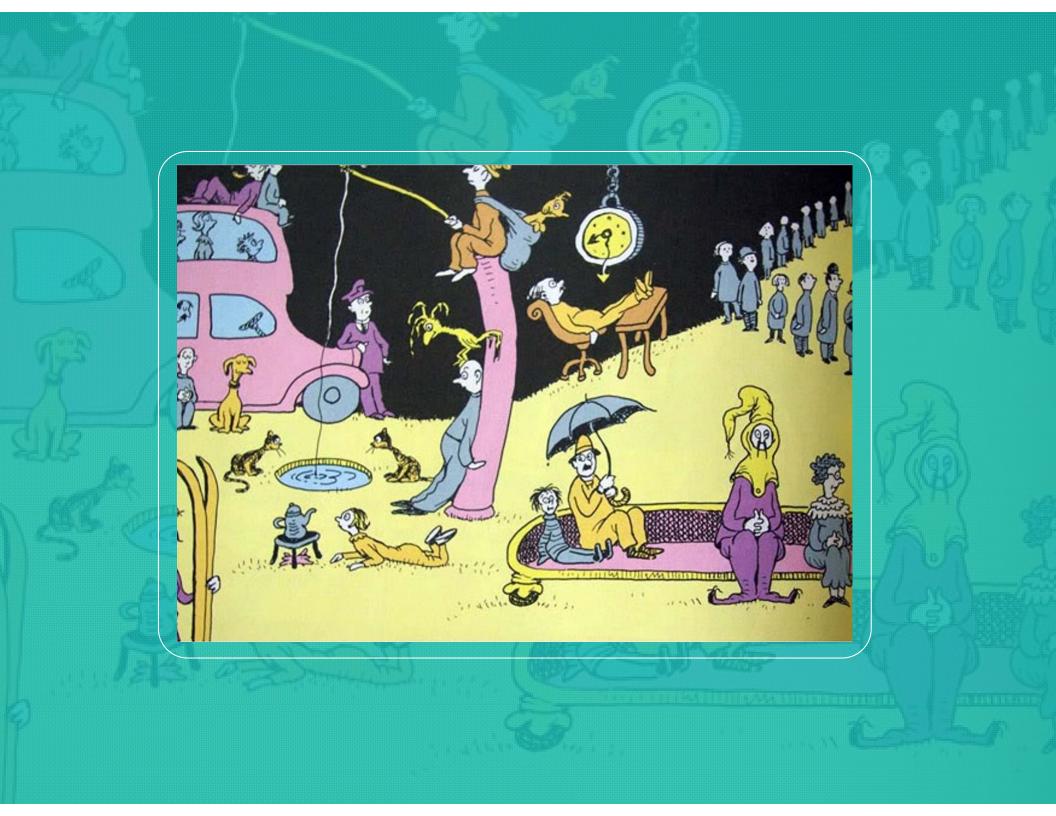
### If I were braver, I would...

### It's time to get your /brāv/ on...

### BRAVERY KILLERS



# PERFECTIONISM PEOPLE-PLEASING PROCRASTINATION/ P-A-U-S-I-N-G



### BRAVE ENOUGH TO SHOW UP



Perception is **REALITY** (even though it isn't)

## People don't care how much you **KNOW**, until they know how much you **CARE**.

### **BE THE FIRST**



### **BE INTENTIONAL**



### **BE CURIOUS**



### **BE GENEROUS**



### **BE VISIBLE**



### **BE UNFLAPPABLE**



### **BE YOURSELF**



### HOW WILL YOU SHOW UP



### BRAVE ENOUGH TO SPEAK UP





# The quality of your life is determined by the quality of your communication.

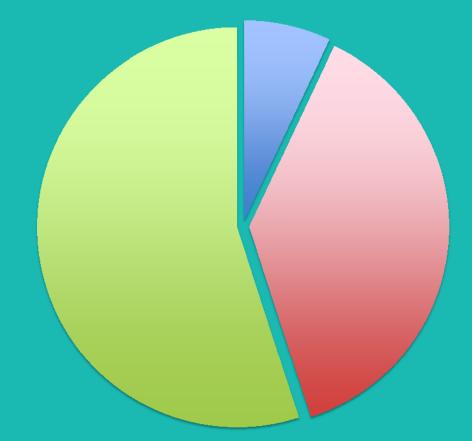
### SPECTRUM OF COMMUNICATION:

### Assertive

#### **Passive**

### Aggressive

# HOW **MESSAGES** ARE INTERPRETED:



Verbal (7%)
Vocal (38%)
Visual (55%)

### THE COMMUNICATION FUNNEL:

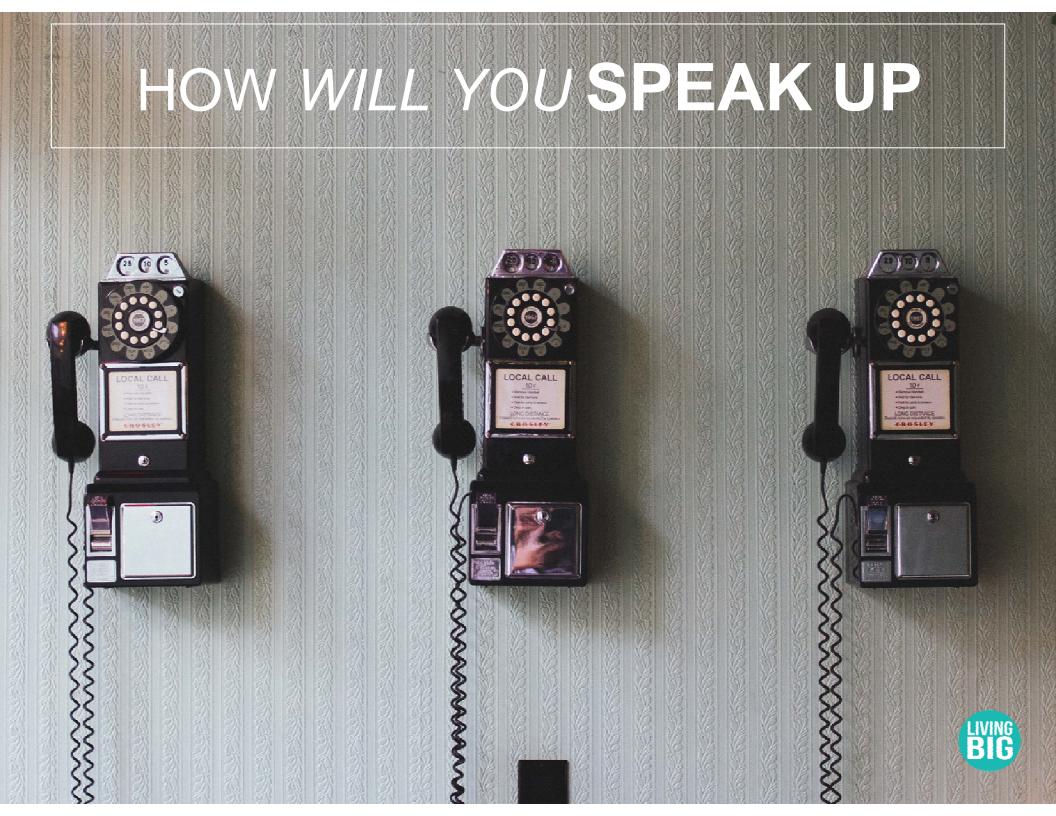


### BEWARE: YOUR WORDS!



### STRIKE A POWER POSE:





### BRAVE ENOUGH TO GET INTO ACTION

LIVING BIG

0

1



### Action is contagious.

### B.R.A.V.E. ZONE:



CS1 EXPERIENTIAL... talk about LEARN - Learning/isight, novelty, Real-time, Emotional, Action. Carol Schulte, 5/15/2019

### O HOW WILL YOU GET INTO ACTION

6

LIVING BIG

 $\odot$ 

0

5

### **EXERCISE** TIME!





### Because I am brave, I will...

### It's time to get your /brāv/ on...

### Let's Stay Connected!

CAROL SCHULTE carol@carolschulte.com @carolschulte\_ 416 727.0550



... because the world needs you to be **brāver** ...