


Make HER Voice Visible in the Workplace...





PRESENTED BY

Keynote Speaker & Event Emcee



 quinnconyers.com

 quinn@quinnconyers.com

 610.960.6903



I **boldly** believe...

If women want to advance
in the workplace, they **MUST**

turn up the volume on their voice!

HOW I WILL SERVE AND SUPPORT YOU TODAY?

- ▶ **S:** How to *speak confidently* without saying a word.
- ▶ **T:** Be aware of self -sabotaging *talk* vs superior self -*talk*.
- ▶ **A:** Be *MORE* Assertive and *LESS* Appreciative in your Leadership role.
- ▶ **N:** Establish *NON-negotiables* to set boundaries and prevent burnout in the workplace.
- ▶ **D:** *DELETE* weak words and replace them with *WEALTHY* words when communicating internally and externally for career advancement.

WHO IS

Quinn Conyers ?

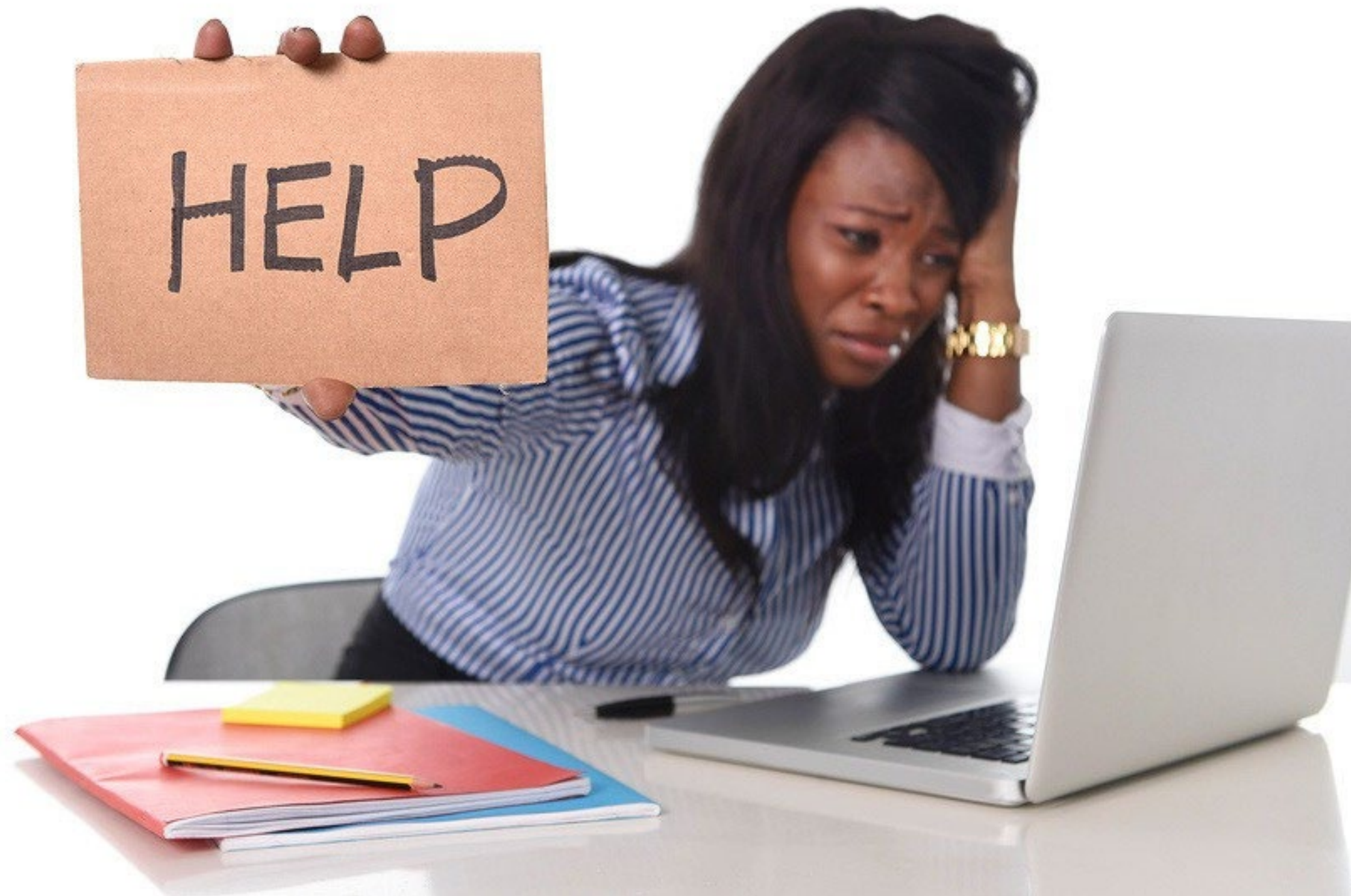




2007...

The 1st time I made my voice visible in my career

TOP 5 MASSIVE MISTAKES MANY WOMEN MAKE IN THE WORKPLACE, CAUSING THEIR VOICES TO BE MUTED



#5: PASSIONATE PAM



#4: OVERLOOKED OLIVIA...



3 : HELPFUL HEATHER...



#2: ANXIOUS ALLISON...



1 SORRY SALLY



Who Are You?



- ▶▶ **Passionate Pam**
- ▶▶ **Overlooked Olivia**
- ▶▶ **Helpful Heather**
- ▶▶ **Anxious Allison**
- ▶▶ **Sorry Sally**

SO, HOW DO I MAKE MY VOICE VISIBLE AS A LEADER SO I CAN ADVANCE AS A LEADER?



S: Speak confidently before you say a word...



-TIP:



78.6% well-groomed professionals have stronger career advancement

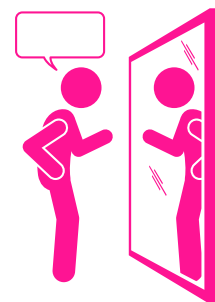
HOW ELSE CAN I MAKE MY VOICE VISIBLE SO I CAN ADVANCE IN MY CAREER WITH CONFIDENCE?

- 1 Be aware and conscious of your non-verbal communication.
- 2 Colors convey confidence.
- 3 Your walk can convey WORRY or WISDOM

T: Be aware of sabotaging vs. self-TALK



FROM SELF-SABOTAGING TALK TO SUPERIOR SELF-TALK



Self-Sabotaging Self-Talk

“I’m not ready to apply for a promotion.”

“I’m new here, there are people with more experience.”

“They won’t listen to me, I’m ‘Millennial, Gen Z, Baby Boomer, etc.’”

“I don’t want to seem too aggressive or too much.”

“I hate talking in front of people.”

“I don’t want to make a mistake in front of my co-workers/colleagues.”

“Last time I applied, I didn’t get it.”



Superior Self-Talk (Luxury Language Upgrade)

“I am fully prepared and perfectly positioned for this opportunity.”

“I bring expertise to my new position that offers a unique and powerful perspective on getting things done more effectively.”

“My thoughts and ideas are beneficial to my team regardless of their race, age or sexual orientation.”

“My energy is my superpower, and I communicate with passion and conviction.”

“I am a confident communicator and my voice is valuable.”

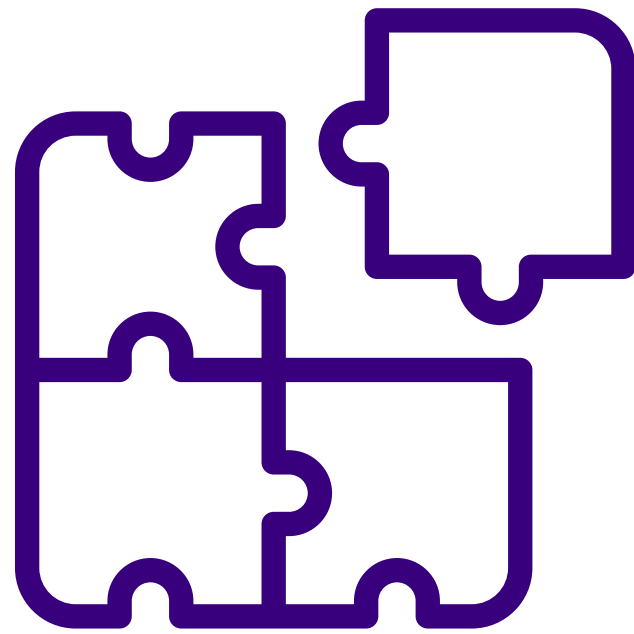
“My goal is to be perfect, but to progress in the work that I do.”

“Time is on my side, and I am fully prepared for this new opportunity.”

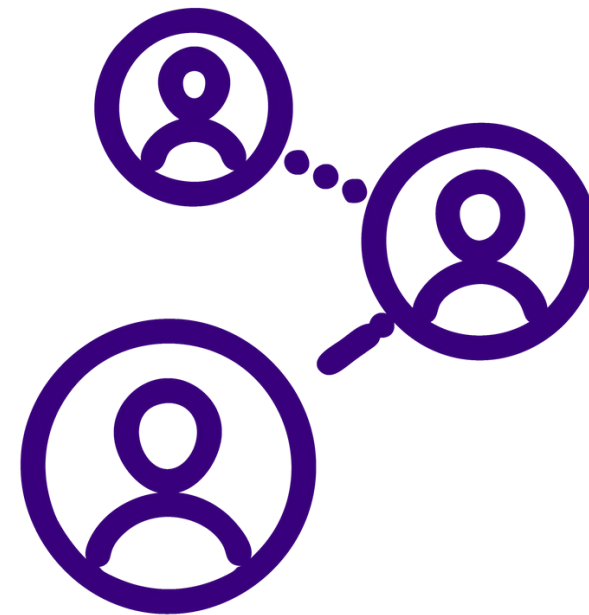
A: Be MORE assertive and LESS
appreciative in your leadership role



HOW CAN I BE MORE ASSERTIVE AND LESS APPRECIATIVE?



Contribute



Connect



Clearly
Communicate

CLEARLY COMMUNICATE...

Need your
help with a
project



How can we *promote* more
women in leadership roles?



-TIP:



Your voice via email and speaking at meetings should be
rich establish you as a confident communicator.



Communication & Public Speaking

is no longer
a “Soft” Skill..

N: Establish your Non-Negotiables



THESE ARE MY NON-NEGOTIABLES



WHAT ARE YOUR NON-NEGOTIABLES?



Power Down at 7PM

Set a firm boundary by turning off work devices after 7PM to reclaim your evening and recharge unapologetically.



Schedule 'Do Not Disturb' Time Weekly

Block off 1-2 hours a week for uninterrupted time to think, create, or rest. Schedule no meetings, no emails, no apologies.



Saying "No" Without an over explanation

Normalize protecting your bandwidth by gracefully declining tasks that don't align with your priorities, capacity or job description.



Use Every Drop of PTO

Your rest is not a reward, it's a right. Schedule and actually take your vacation days, no guilt, no carry-overs.

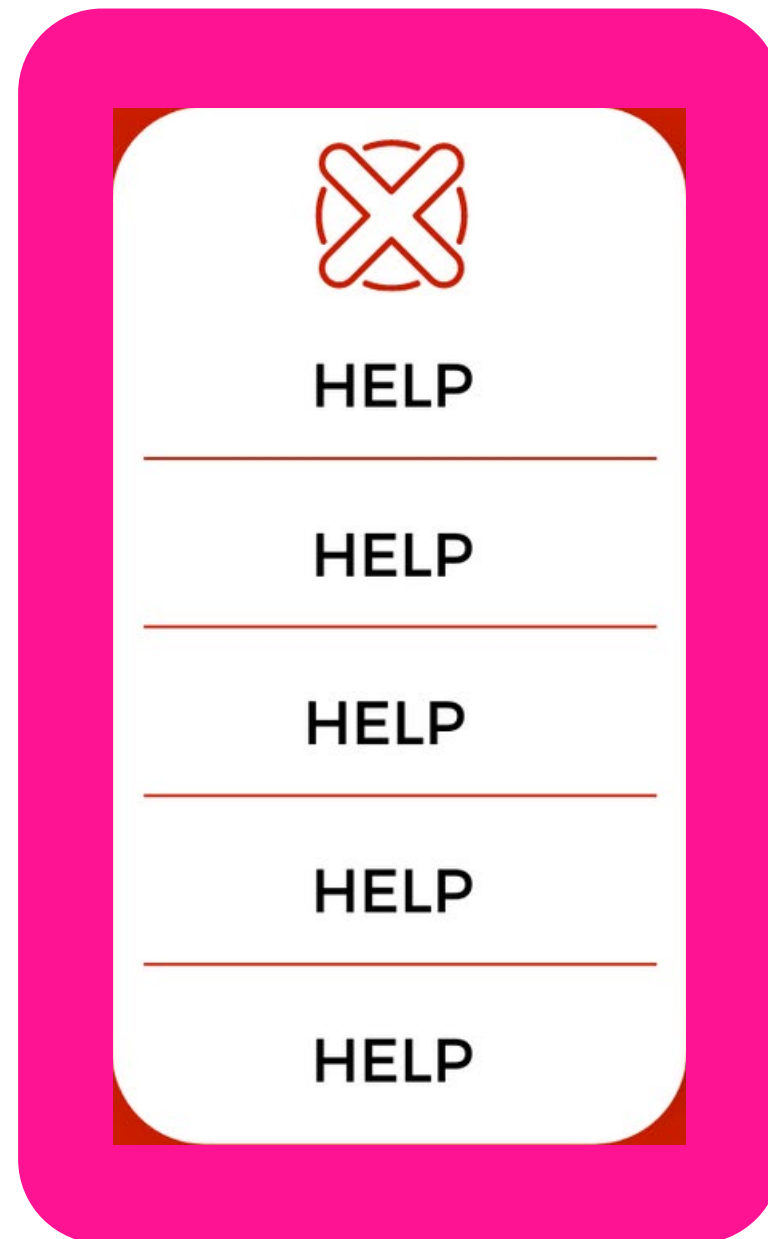


1-Hour Delay Before Reply Mode

Take a pause, give yourself a full hour before diving into emails or responding to ones that hit a pressure point.

D: Delete Weak Words from your communication style

Discount Dialect



Luxury Language



WHAT EXACTLY IS LUXURY LANGUAGE?

Radiate
Supreme Offer
Majestic
Enrich Coach
Assist Elevate Prestine
Deliver Implement
Disrupt Empower Glamorous
Excel Transform
Elite Develop Engage Facilitate Advance
Prime Equip Enhance Alter Grandiose
Deluxe Lavish Premium
Refined Magnificent
Aspire Create Delegate
Ascend

How do I make
my voice visible
leveraging

*Luxury
Language?*



- Remove any weak words from your LinkedIn or Company Bio.
- Analyze all presentation/interview opportunities for WEAK words or WEALTHY words.
- Replace your standard pitch or introduction with a Verbal Business card when networking, performance reviews or attracting new career opportunities.



-TIP:



Start promoting your transformation not your title.



What is exactly is a



EXAMPLES OF VERBAL BUSINESS CARDS

From Discount Dialect → Luxury Language

Im a Cust omer
Experience
Manager



IDEVELOP and DELIVER dynamic presentations to encourage current clients to explore other products and services we have to offer that can boost their business or grow their brand.

Im a Market ing
Execut ive



ICURATE rich and robust marketing campaigns that attract and retain Gen Z clients so they will become loyal clients for a lifetime.

Im in HR



Icreate a safe space for employees to share their wins and struggles within our company. Ialso support new hires with learning our company culture so retention is high and burnout is low, making our organization one of the top places to work.

DOES ANYONE KNOW WHO THIS IS?





-TIP:



Make your voice visible by leveraging the art of Luxury Language in the workplace



Give feedback to Quinn

Scan this QR code



Or go to

<https://talk.ac/quinnconyers>

and enter this code when prompted

VOICE