



- **Self-doubt**
 - Focus on others not on yourself
 - Conduct a reality check
- **Fear of conflict**
 - Redefine conflict
 - Stop making excuses
- **Worth tied to performance**
 - Watch how you judge others
 - Stop chasing external validation
- **Comparing self to others**
 - Compare yourself to yourself 3-months prior
 - Strengthen the things you admire in others
- **Adhering to feminine norms**
 - Stop being nice
 - INSERT

SOLUTION

- Catch and stop yourself (stop downward spiral)
- Label your behavior
- Nurture yourself
- Have a reality check
- Choose a more supportive behavior
- Track & celebrate wins



- Don't ask for permission
- Watch out for upspeak
- Don't disclaim your opinion
- Buddy up
- No qualifiers, apologies, caveats or fillers
- Speak within the first 30 seconds
- Rehearse
- Speak slower

- Be direct
- Maintain good posture
- Utilize your strengths
- Give statements vs. ask questions
- Use positive body language
- Breathe
- End on a downbeat
- Be clear and direct
- Dress the part