

Increasing Your Confidence: Find Your Voice

Workshop for Faculty and Staff

Do You Wish You Could....

* Speak Confidently in Public

* Build Guilt-free Boundaries

* Be More 'Outgoing'

**Wednesday,
September 18, 2013**

9:00 am – 12:00 pm

**University Center
Room 310**

**What past participants have
said...**

"They helped me to raise my level of awareness about myself. Now I think about what I am thinking about."

"I love the simple and practical way that strategies are explained. Sometimes we overlook the obvious because it is seems so simple."

"I am excited that even as I am improving, I do not feel inadequate where I am because the coaches stressed how I already have all I need....that helped me a lot."

Have you ever found yourself in a situation where you had something to share but you were stuck in your seat because of fear? Or perhaps you were wondering... 'What will people say?' 'What will they think?' 'Is what I have to say even important?' These inferior 'inner' voices often stop us from releasing our true voice.

While this workshop is not designed to turn you into a public speaker overnight, it is designed to help you to identify the insecurity and anxiety that may be short-circuiting your success. Through this workshop, we will help to increase your poise and confidence so you can be more effective.

Our Facilitator will work with participants to:

- Become aware of what triggers your anxiety.
- Acknowledge and accept the truth about yourself so that you are prepared to deal with the illusions of inferiority when they arise.
- Develop strategies to improve your overall confidence and to manage your expectations.
- Embrace your style of interaction.

About our Facilitator...

Tiffany L Lymon, MBA is business strategist, coach, author, and speaker with extensive experience in helping individuals and businesses identify processes, create systems and implement tools that will help them work and live optimally. Previous clients include Gallaudet University, The Hershey Company, National Public Radio and Baltimore County Department of Mental Health and Hygiene.

Register on the web by September 10th at: www.umbc.edu/training/community

Spaces are limited and pre-registration is required.



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