

BYPASS YOUR INNER CRITIC IN PUBLIC SPEAKING*How to SPEAK UP with Confidence, Even Online!*

WEDNESDAY, MARCH 31, 2021

5:30 - 7:30 PM



WIP Boston is proud to present an encore, updated program with Mary Cheyne. Join us for a night of learning and fun! ALL ARE WELCOME! Mary will share some of her tips and tricks to better public speaking, as well engage the audience in some public speaking GROUP exercises.

PROGRAM SUMMARY:

As a professional woman, how do you speak with CONFIDENCE without feeling like a fraud?

Whether you are speaking up in a virtual meeting, presenting an idea to your boss, facilitating a meeting with your team, or even giving a presentation to your superiors, you need to be able to speak with confidence to influence your listeners.

Despite popular belief, people's top fear is NOT public speaking. That is a myth. For many people, especially women, the top fear is public JUDGMENT.

Key Takeaways from this virtual workshop:

- Learn how to stop overthinking & be present when you speak.
- How to speak powerfully & authentically under pressure.
- How to bypass the number one saboteur in public speaking, your inner critic.

AGENDA:

5:30 to 6:30 pm	Program
6:30 to 7:30 pm	Networking in break out rooms

WHO SHOULD ATTEND THIS WEBINAR:

ALL ARE WELCOME! Anyone who is interested in learning more about public speaking both in person and virtually.

SPEAKER:**Mary Cheyne, MBA**

Mary Cheyne, MBA, is a TEDx Speaker and Transformational Public Speaking Trainer & Coach, and the 2009 World Champion of Public Speaking first runner-up, out of 25,000 contestants from 14 countries. Mary has trained over 20,000 people

in 30 cities world-wide, including those in Australia, Europe, Asia, Canada & the US. She is the best-selling author of the book "Present" Yourself in Public Speaking – Tell Your Inner Critic to SHUT UP! And the Real You to SPEAK UP! This vast experience has led Mary to one important, unvarnished conclusion: ***"To communicate and persuade effectively, the first person you need to convince is YOURSELF."***

MEETING MANAGERS:

Caren Jenkins, CRB
Katie Leitch, Alexion
Kathy Marini, CRB

REGISTRATION FEES:

Registration Deadline March 15, 2021 at 3:00pm

<input type="checkbox"/>	ISPE Members	\$10
<input type="checkbox"/>	ISPE Emerging Leaders Members	\$5
<input type="checkbox"/>	Student Members	\$5
<input type="checkbox"/>	Nonmembers	\$15

REGISTRATION IS
NOW OPEN ONLINE!

at www.ISPEBoston.org/Events.

PLEASE NOTE: CANCELLATIONS RECEIVED AFTER MARCH 22nd ARE SUBJECT TO BILLING

LOG-ON INFORMATION:

A confirmation email will be sent one day prior to the webinar with the Zoom login information. Should you have any questions or concerns, contact the office by calling (781) 647-4773 or e-mailing office@ispeboston.org. The webinar can be accessed through phone, online, or through the Zoom webinar app.

Sponsorship Opportunities for this event are available along with other upcoming WIP events in 2021! Please contact the meeting managers or office@ispeboston.com if interested.

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