

## Speaking Overview

Debbie Epstein Henry delivers keynotes, conducts fireside chats, facilitates discussions, serves as a master of ceremonies, gives TED-style talks, holds breakout sessions, runs trainings and workshops, speaks in webinars, moderates panel discussions, and more. Some clients run one event while others host an event series over a year or more. Debbie mixes and matches her most popular topics and often tailors new ones.

## Most Popular Speaking Topics

- **How to Speak in Public, with Confidence.** Fear of public speaking is the number one fear that people have and it affects up to 75% of the population. Are you among them? If you fear failure, embarrassment, inadequacy, or something else, it's real and it's holding you back. It's interfering with your ability to project confidence, communicate with a client or colleague, participate or run a meeting, win someone's trust, command a room, or present as a speaker. At this session, you'll learn how to overcome your public speaking fears by honing the key skills you need including, how to get to know your audience. By mastering Debbie's top 10 public speaking tips, you'll gain the confidence to convey the messages and impressions that you need to succeed.
- **Striking the Self-Promotion Balance.** How do you find that perfect balance between effectively self-promoting while not being that obnoxious person in the room? Whether you're self-promoting for a leadership opportunity, to get credit for a client matter, to win a pitch or a whole host of other reasons, self-promotion is a critical skill you need to hone. At this session, we'll focus on how to creatively demonstrate your value without being transparent or offensive. We'll wrestle with the elusive challenge of being a team player while also appropriately seeking recognition for your role. Attendees will leave this session with techniques to help them demonstrate their contribution and gain visibility as well as garner the recognition they both need and deserve.
- **Building Relationships & Making Your Ask a Give.** Relationship building is critical to your success. Whether you don't know where to start or your network has gone stale or you've exhausted your networking efforts or you don't know how to make an ask, these networking challenges impede your development. At this session, you'll learn how to unearth new contacts and build meaningful relationships. You'll also learn how to master the art of the ask. The trick? Listen and get to know a person's needs, interests and challenges. Rather than frame your ask as a favor, you'll learn how you can be a resource. You'll leave this session armed with action steps and inspiration to tap into your network and be generous and provide value while learning to ask for what will propel yours and your contacts' careers forward.
- **Feedback: Mastering the Get & the Give.** During this event, we'll explore the thorny challenges of getting and giving candid feedback. As the giver, we'll identify the best ways to give constructive criticism and inspire the listener to incorporate the learnings into new ways to work. As the getter, we'll talk about strategies to not be defensive and use the information shared to improve in areas where you have challenges. You'll leave this session armed with confidence and tools to operate in an honest work environment focused on growth and development to become a better learner and leader.
- **Leadership, Executive Presence & Communication.** At this session, we'll unpack the research on executive presence and delve into the three reported anchors of successful leadership – gravitas, communication and appearance. We'll uncover how to show integrity and project vision, how to command a room and how to engender confidence from colleagues and clients. We'll also explore how to communicate effectively by listening. Attendees will leave this session with a deeper understanding of the characteristics of executive presence as well as the awareness and the skills to get there.
- **Blueprinting for Success: Cultivating Sponsorship, Self-Advocacy, Networking & Leadership.** What are the intangibles that differentiate those who thrive in the workplace and those who wither? During this session, attendees will discover the four critical areas of focus: 1. Sponsorship; 2. Self-Advocacy; 3. Networking; and, 4. Leadership. We'll explore the strategies needed, beyond your day job, to develop strengths in each of these areas to add value to your organization and your career. Attendees will leave this session, armed with feedback and inspiration, to develop the skill sets they need to gain the success and status they want.