



BEAT THE BULLY

HOW TO TURN UP THE VOLUME ON YOUR INNER CHEERLEADER FOR MORE SWAY

Studies show that women consistently undervalue themselves and underestimate their abilities compared to men. This lack of self-confidence and the resulting "Imposter Syndrome" results in women speaking up less, not pursuing career opportunities or leaning in. Could this lack of self-confidence be contributing to the leadership gap within organizations?

If we want to seriously address this issue, we must address the effects of gender bias, the lack of supportive role models/mentors and the limiting beliefs getting in the way of having the confidence it takes to be successful.

BENEFITS

Based on Monique's top-selling book, *Leading Gracefully: A Woman's Guide to Confident, Authentic and Effective Leadership*, attendees will explore the obstacles to self-confidence and learn tools and strategies to overcome those limiting beliefs to develop more self-confidence. Participants will walk away with the understanding of:

- + Why self-confidence matters and Why we need it
- + Identify the Inner Bully and limiting beliefs that get in the way
- + How to turn up the volume on the Inner Cheerleader
- + How to use Power Poses to develop leadership presence
- + How to effectively build confidence through resilience

“ I found her inspiring women in the audience who are mid-career level wanting to get ahead or a promotion, but are lacking the self-confidence and leadership skills necessary to get there. ”



LIA TATEVOSIAN
VP OPERATIONS

WHO SHOULD ATTEND

Women in all levels of their career, from high-potentials to senior executives who want to develop leadership presence

PRESENTATION STYLE

The program is interactive, fun, and packed with immediately applicable tips and techniques

PROGRAM LENGTH

30-60 minute keynote, 2 hour workshop or 1 day training

PROGRAM MATERIALS



Materials can include Monique's book, *Leading Gracefully*

DO YOU
HAVE A PLAN ON
HOW TO PROMOTE
& RETAIN FEMALE
TALENT?

DO YOU
TRAIN YOUR
MANAGERS IN
SUPPORTING THE
ADVANCEMENT OF
WOMEN?



GET IN TOUCH

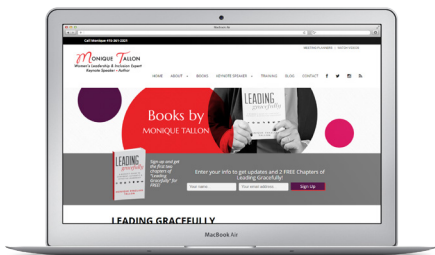
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About MONIQUE TALLON

LEADERSHIP EXPERT
SPEAKER • AUTHOR

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Monique Tallon, CPCC, ACC is a Women's Leadership and Inclusion expert, and author of **Leading Gracefully: A Woman's Guide to Confident, Authentic and Effective Leadership**. She is also the CEO of Highest Path Consulting, a global executive coaching and training firm specializing in developing 21st century leaders and building gender-blanced, inclusive cultures where innovation can thrive. Highest Path helps organizations attract and retain the right customers and talent by creating workplaces that value diversity and where collaboration, transparency and trust lead to better business outcomes.

Monique comes from the world of tech in Silicon Valley. Her previous experience as a Marketing manager includes producing tradeshow and large-scale conferences for eBay, Inc. including a 10,000 person conference where she managed internal and external teams and led one of the most successful events in the company's 10 year history.

Monique started her coaching and training business in 2009. She left the corporate job with a specific desire to help women navigate the myriad of challenges they face in the corporate world. Through her first-hand experience working in the male-dominated corporate world of Silicon Valley, Monique learned at a young age that in business, what works for men doesn't necessarily work for women. She discovered that there was a different way to lead that felt more authentic to who she was and not surprisingly, turned out to be as (if not more!) effective in delivering business results.

This led her to create the Feminine Leadership Model™ and the Feminine Leadership Coaching Program™ to help women embrace their feminine strengths and combine them with traditional qualities to develop an effective leadership presence and create more influence and impact.

Monique has her Bachelor's Degree in Business from San Francisco State University and received her coach training at the internationally-known Coaches Training Institute. She is a member of the International Coach Federation and the National Speakers Association. Monique's innovative approach to advancing women's leadership and gender-balanced organizations has led her to speak and train throughout the United States as well as the UK, Italy, France and Armenia. And while she enjoys all the travel, Monique lives in Los Angeles with her husband Chris.....because it is always sunny in Southern California!

“ Monique provided our recent Groundbreaking Women in Construction conference with a compelling and enthusiastic presentation that resonated with our nearly 400 attendees to find that “inner cheerleader” in building needed career confidence in an often challenging industry environment. ”

ENR
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