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The powerful woman's paradox: How to claim your own power without getting in your way

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The takeaways: (a) How to identify the mental and internal performance barriers that keep you from getting what you want and how to overcome

them. (b) Negotiation techniques like how to ask for what you want and get it! (c) How to effectively communicate while managing your emotions during difficult conversations. (d) The top success strategies for claiming your power. There is so much talk about women advancement and empowerment. Women are starting new businesses and stepping into leadership at an increasing rate in comparison to men. Yet, equal pay is still

an issue along with women not seizing the opportunities to advance to C-level or middle management positions. One of the reasons women are not stepping up to take advantage of these opportunities is their internal self-dialogue. This talk will open the dialogue and also inspire women to finally step through these newly opened doors of opportunities.

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