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# Speak Up, Be Heard

## Workbook

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How to Show Up Powerfully  
& Assertively at Work

*Melody* WILDING

## DISCLAIMER

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# About Your Instructor

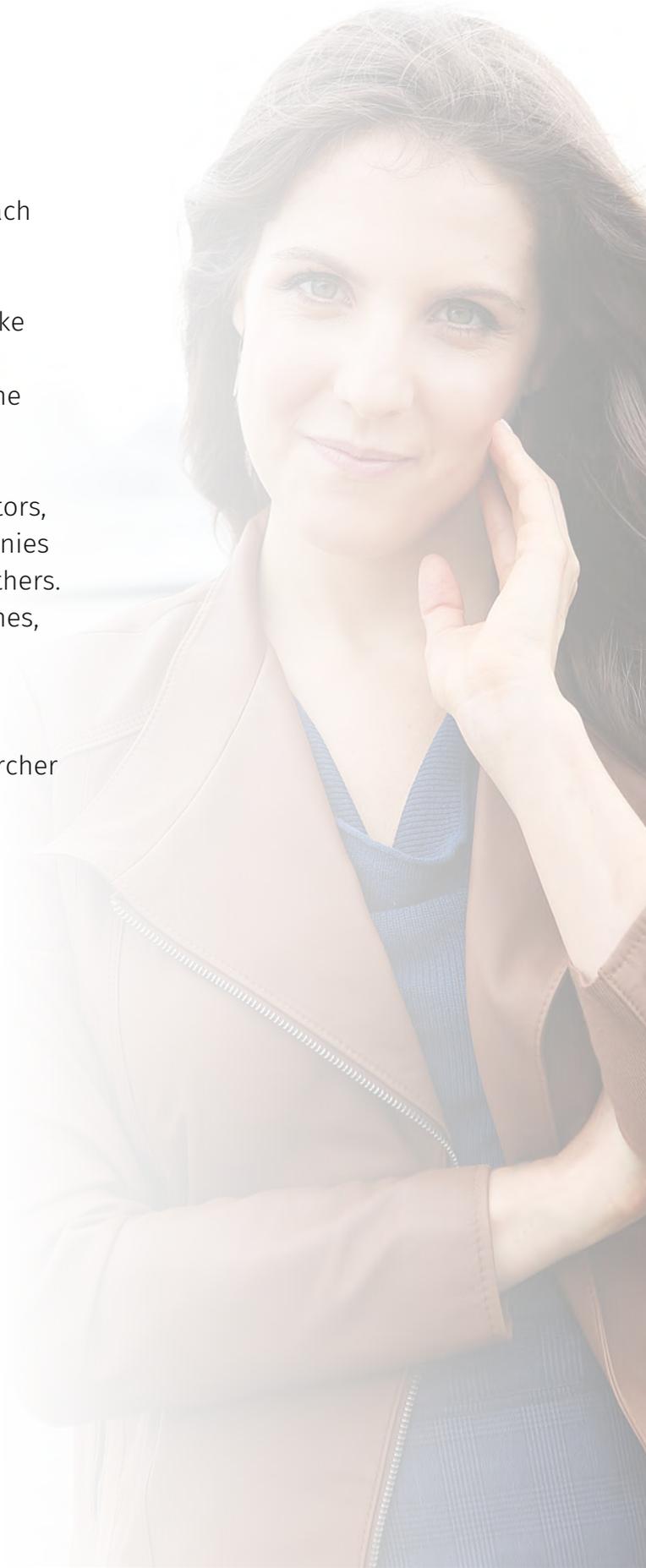
Welcome! I'm Melody, the Workplace Success Coach for smart, sensitive leaders and high-achievers.

For ten years, I've been helping top performers like you get out of their own way, break free from imposter syndrome, and use their voice to find the confidence to lead effectively.

My clients include managers, individual contributors, and C-suite executives at top Fortune 500 companies like Google, Facebook, J.P. Morgan, Verizon and others. My work is regularly featured in the New York Times, NBC News, and I am a Forbes columnist.

I'm also a licensed social worker with a Masters degree from Columbia University, a former researcher at Rutgers University, and a professor of Human Behavior at Hunter College.

Learn more at [melodywilding.com](http://melodywilding.com)





## Speaking up and using your voice...

What holds you back?

What would be possible?



# 9 Keys to Speak Up and Be Heard

WHAT YOU DO

Strategy #1 :

Strategy #2 :

Strategy #3 :



# 9 Keys to Speak Up and Be Heard

WHAT YOU SAY

Strategy #1 :

Strategy #2 :

Strategy #3 :





# 9 Keys to Speak Up and Be Heard

HOW YOU SAY IT

Strategy #1 :

Strategy #2 :

Strategy #3 :



## My biggest takeaways...

Get the materials from the presentation and additional resources at [melodywilding.com/wipn](https://melodywilding.com/wipn)

