

HOW TO SPEAK UP WITH INNER CONFIDENCE, BE HEARD AND RESPECTED

A Field Guide for Smart, Hesitant Professionals Working with Strong Personalities

IF THIS IS YOU

- You have solid ideas... but hesitate to speak up.
- You hold back in meetings... then regret it later.
- You worry that asserting yourself will backfire.

You're not alone. Especially if you're surrounded by dominant, fast-moving leaders.

But here's the truth:

Staying quiet doesn't protect you. It holds you back.

WHAT IT'S COSTING YOU

Recognition for your work

Influence in decisions that affect you

A seat at the table—because silence makes you invisible

WHAT TO TRY INSTEAD

Let's flip the pattern. Try these three moves today:

1. Use “What” Questions to Stay in the Room

Instead of disappearing when someone disagrees, ask:

“What would success look like to you?”

“What concerns do you see with my approach?”

You stay present without having to push.

2. Speak First—Even If It's Brief

Kick off with a quick insight or question. Speaking first sets tone and signals leadership. It doesn't need to be perfect.

3. Replace Overthinking with Ownership

“I'm not sure if this is right, but...” → becomes → *“Here's what I'm seeing.”*

Stop shrinking your message. Let your clarity land.

HERE IS THE BIG SHIFTER

You don't need to become louder. You need to become more intentional.

Confident, influential communication isn't about performance—it's about presence.

And that can be learned.

I COACH PEOPLE LIKE YOU EVERY DAY

I work with brilliant professionals who are done playing small—especially women and contributors in high-stakes industries.

If you're ready to stop second-guessing and start being heard, let's talk.

 [Book a Chemistry Call](#)