

Most Popular Speaking Topics

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Debbie Epstein Henry delivers keynotes, conducts fireside chats, runs trainings and workshops, facilitates discussions, serves as a master of ceremonies, gives TED-style talks, holds breakout sessions, speaks in webinars, moderates panel discussions, and more. Some clients run one event while others host an event series. Debbie mixes and matches her most popular topics and often tailors new ones. Here's her [2-minute testimonial reel](#), [2 ½-minute sizzle reel](#) and [2-minute podcast trailer](#) to give you a sense of her style.

- **10 Tips to Communicating 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 communicate with a client or colleague, develop and build relationships, and present as a speaker. At this session, you'll learn how to overcome your communication fears by honing the key skills you need including, how to get to know your audience. By mastering Debbie's top 10 communication tips, you'll gain the confidence to convey the messages and impressions that you need to succeed.
- **The Tactics of Communicating with Confidence.** In this interactive session, you'll learn the ins and outs of strategic workplace communication. From participating in and running effective meetings to presenting to leaders and pitching clients, you'll discover how to navigate the unwritten rules of messaging. You'll also develop the subtleties of projecting confidence, gaining someone's trust, commanding a room, and demonstrating empathy -- whether it's with an audience of one or many or somewhere in between. We'll break down the ways to have difficult, yet productive, conversations and elevate the engagement, satisfaction, and performance of empowered individuals and teams.
- **Striking the Self-Advocacy 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-advocacy 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, your network has gone stale, 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.
- **Mastering the Get & the Give in Honest Feedback.** 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.
- **Developing Leaders & Executive Presence.** 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.
- **Cultivating Sponsorship: How to Become an Effective Sponsor/Protégé & What's in it for You?** At this event, we'll explore why sponsorship relationships are essential and how sponsors (i.e., power brokers) can effectively use their influence to elevate the status of protégés (i.e., high potentials). We'll provide a roadmap to become effective protégés and delve into how to identify the right sponsors. Sponsors will learn what's in it for them and how to ensure their protégés provide value. Protégés will learn how to make themselves indispensable to maximize their opportunities for sponsorship while sponsors will develop the wisdom to identify those for whom they can facilitate critical connections.