

Most Popular Speaking Topics

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Debbie Epstein Henry delivers keynotes, gives TED-style talks, runs trainings and workshops, conducts fireside chats, facilitates discussions, serves as an emcee, holds breakout sessions, speaks in webinars, moderates panel discussions, and more. Some clients host 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 speaking style.

- **Secrets to Success.** In this powerful session, Debbie shares her lessons and learnings, with excerpted video clips, from the nearly 100 interviews she's conducted of thought leaders, TED speakers, and bestselling authors over the last 25 years. She'll dive deep into topics including confidence, communication, leadership, perfectionism, inclusion, and happiness. This interactive conversation will prompt you to develop strategies, techniques, and tools of your own. You'll leave inspired and armed with action steps to tackle your challenges and become a more engaged and impactful leader.
- **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. 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, winning someone's trust, commanding a room, and demonstrating engagement when communicating online. Whether it's with an audience of one or thousands or somewhere in between, you'll learn Debbie's top communication tips and gain the skills to convey the messages and impressions that you need to succeed.
- **Striking the Self-Advocacy Balance.** How do you find that perfect balance between effectively self-advocating while not being that obnoxious person in the room? Whether you're self-promoting for a leadership opportunity or promotion, 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. You'll leave this session with techniques to help demonstrate your contribution and gain visibility as well as garner the recognition you both need and deserve.
- **Navigating the Get and 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 a listener to incorporate learnings into new ways to work. As the getter, you'll learn strategies to not be defensive and use information shared to improve in areas where you have challenges. You'll leave this session with confidence and tools to operate in an honest work environment focused on growth and development, to become a better learner and leader.
- **Building Relationships and Making Your Ask a Give.** Relationship-building is critical to your success. Whether your network has gone stale, you don't know where to start, you've exhausted your networking efforts or you don't know how to make an ask, these challenges are impeding your development. At this session, you'll discover 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 asking for what will propel yours and your contacts' careers forward.
- **Developing Inspiring Leaders with 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: Why and How to Become an Effective Sponsor/Protégé.** 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.
- **Designing Your Custom Communication Workshop.** Do you wish you could get tips on specific work communication approaches? At this session, you get to pick what types of work settings you want to focus on and then we'll drill down on the skills you need. Choose from presenting to business leaders, running a pitch, facilitating or speaking up in a meeting, leading or being a key contributor to a team, communicating one-on-one, and more. Learn how to improve your communication style with more confidence and better outcomes.
- **Developing Your Tailored Coaching Workshop.** How do you handle those awkward scenarios at work if you don't have someone to ask who you trust? Ask Debbie. Join this rapid-fire problem-solving workshop to overcome your workplace's thorny challenges like: navigating difficult conversations and personalities; minimizing extraneous words when talking; managing anxiety when speaking up; setting boundaries and realistic expectations; showing engagement in person and by video; contributing when you're introverted; communicating in your non-native language, and more. Your daily life at work is about to get much better.