



Dina Neeley

- Speaking Up—how to assert yourself effectively!
- Understanding your range of acceptable behavior.
- How to use various communication techniques like being ferocious and humble skillfully.
- Clarity comes with engagement, not thinking about it.

*Standing up for yourself can be a hard (and scary) thing to do. This session will help you understand why that is, ways to visualize the struggle, how to set yourself up for success and how to teach others to treat you when you do stand up for yourself.*