



# A SHY GIRLS GUIDE

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TO CONFIDENT COMMUNICATION

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***You're***

***Not***

***Alone!***



HI I AM...

**Jennifer Chester**

...AND I AM

**a**



HI I AM...

**Jennifer Chester**

...AND I AM

**a BMET**

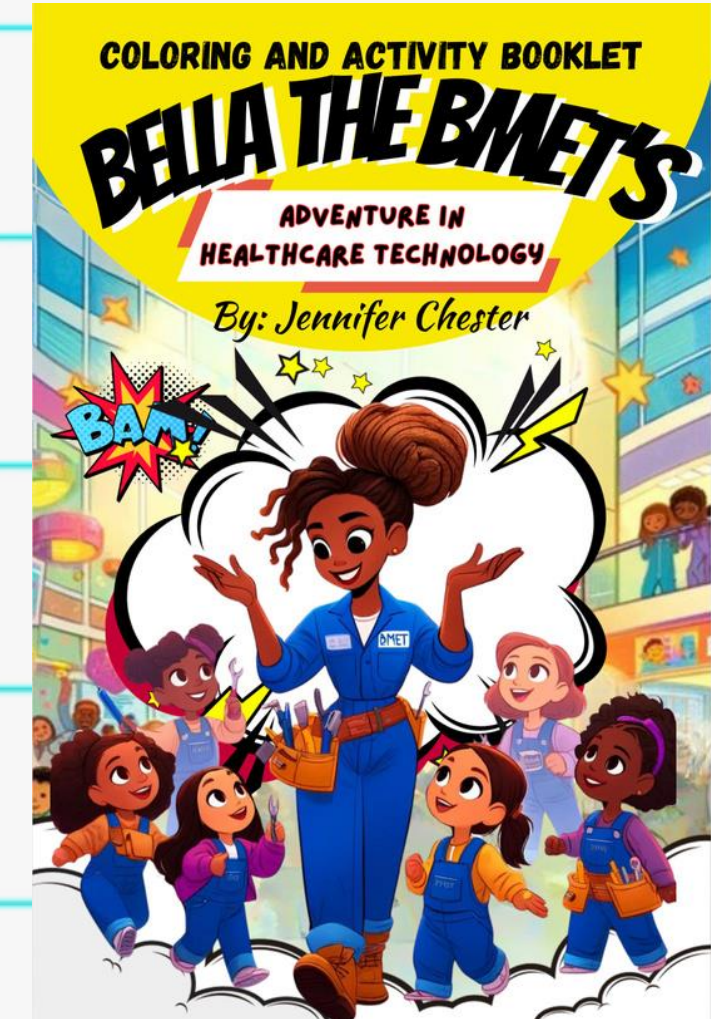
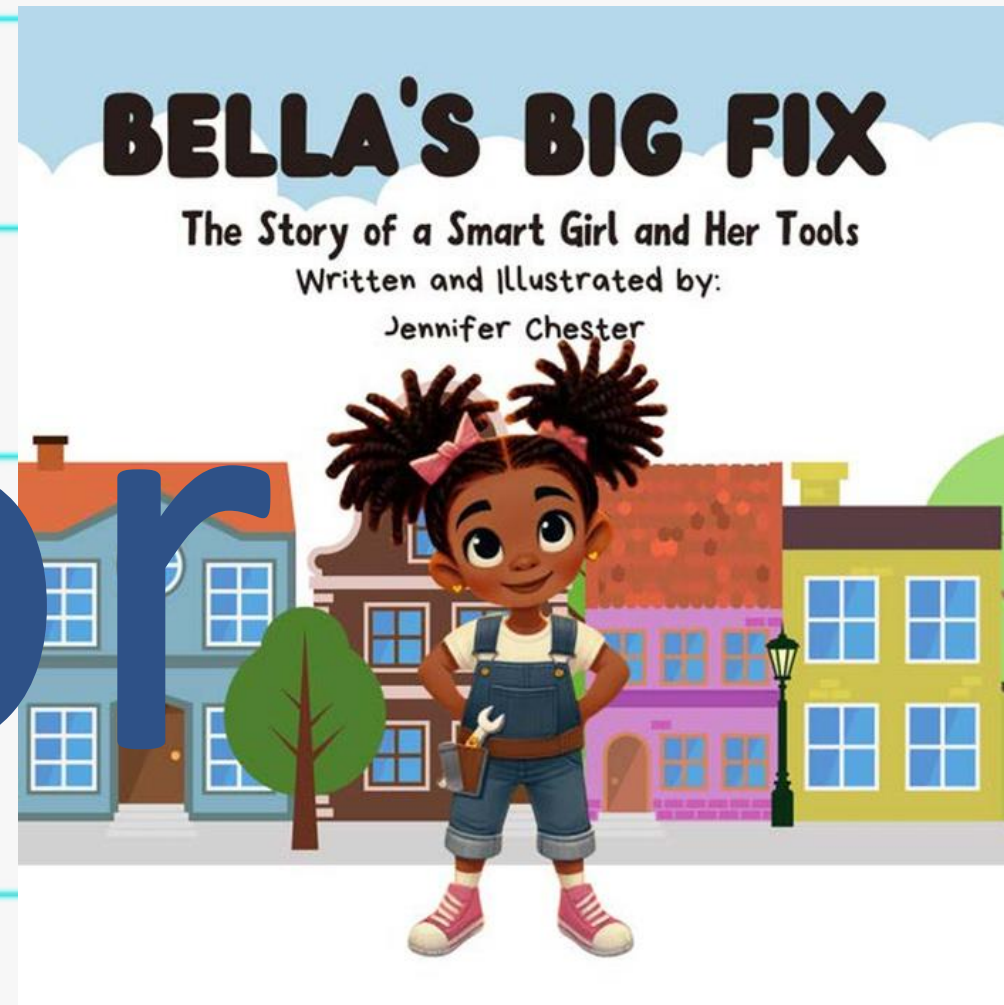


HI I AM...

**Jennifer Chester**

...AND I AM AN

**Author**



HI I AM...

**Jennifer Chester**

...AND I AM

**Shy!**

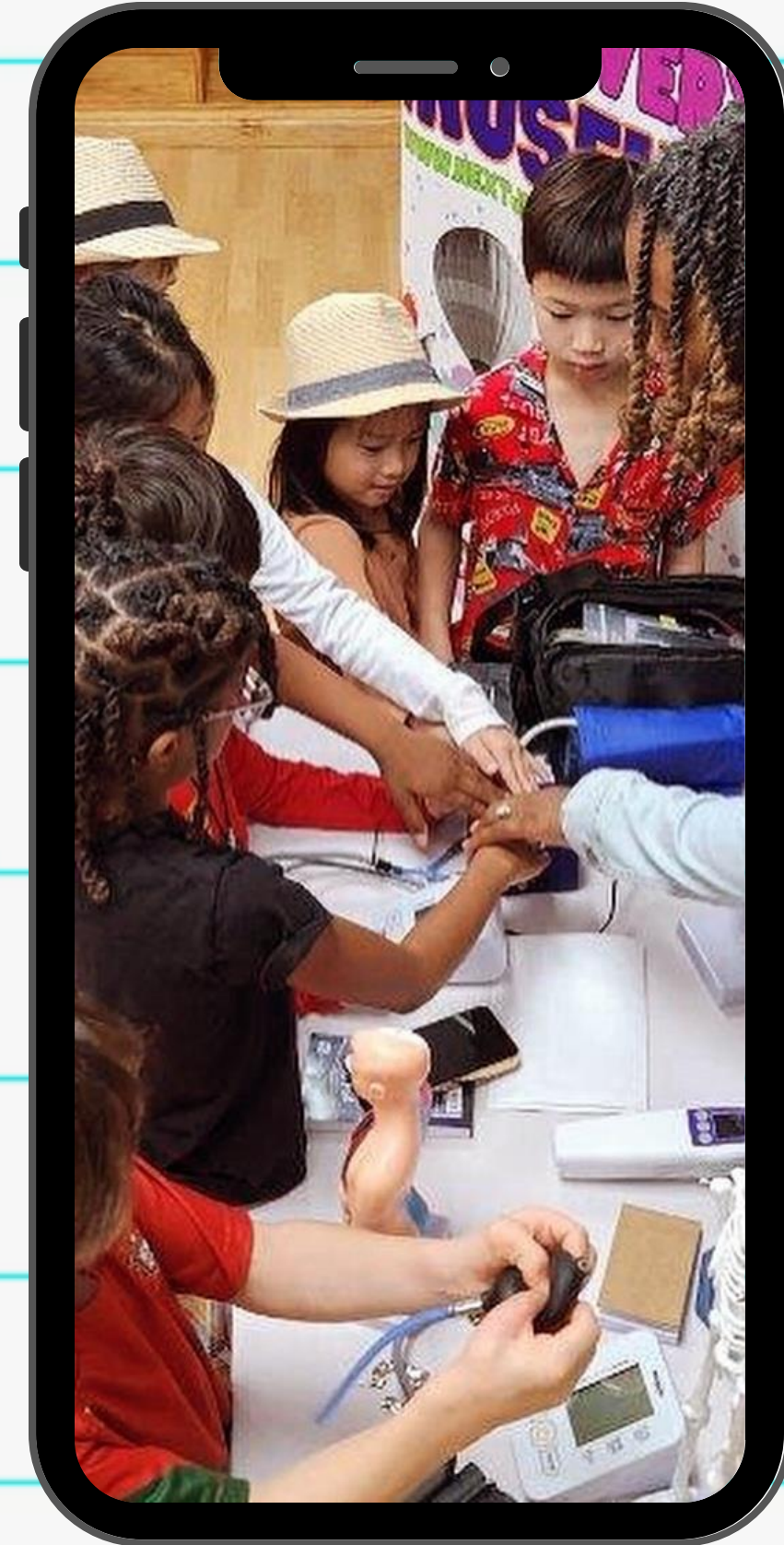


I KNOW WHAT YOU'RE  
THINKING...



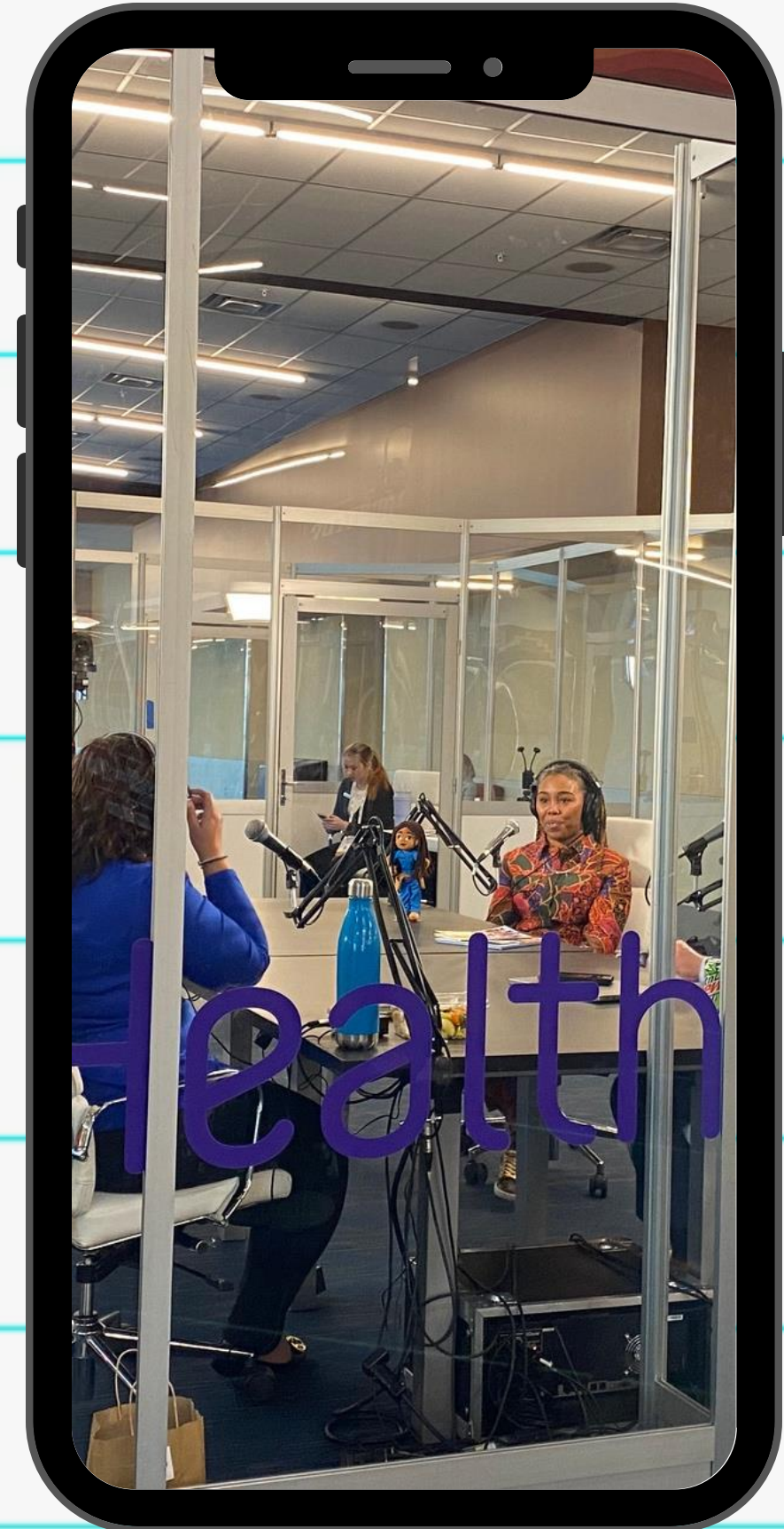
I KNOW WHAT YOU'RE  
THINKING...

-she can't be shy if she  
speaks to groups of kids  
regularly...



I KNOW WHAT YOU'RE  
THINKING...

-she can't be shy if she talks  
on industry podcast...



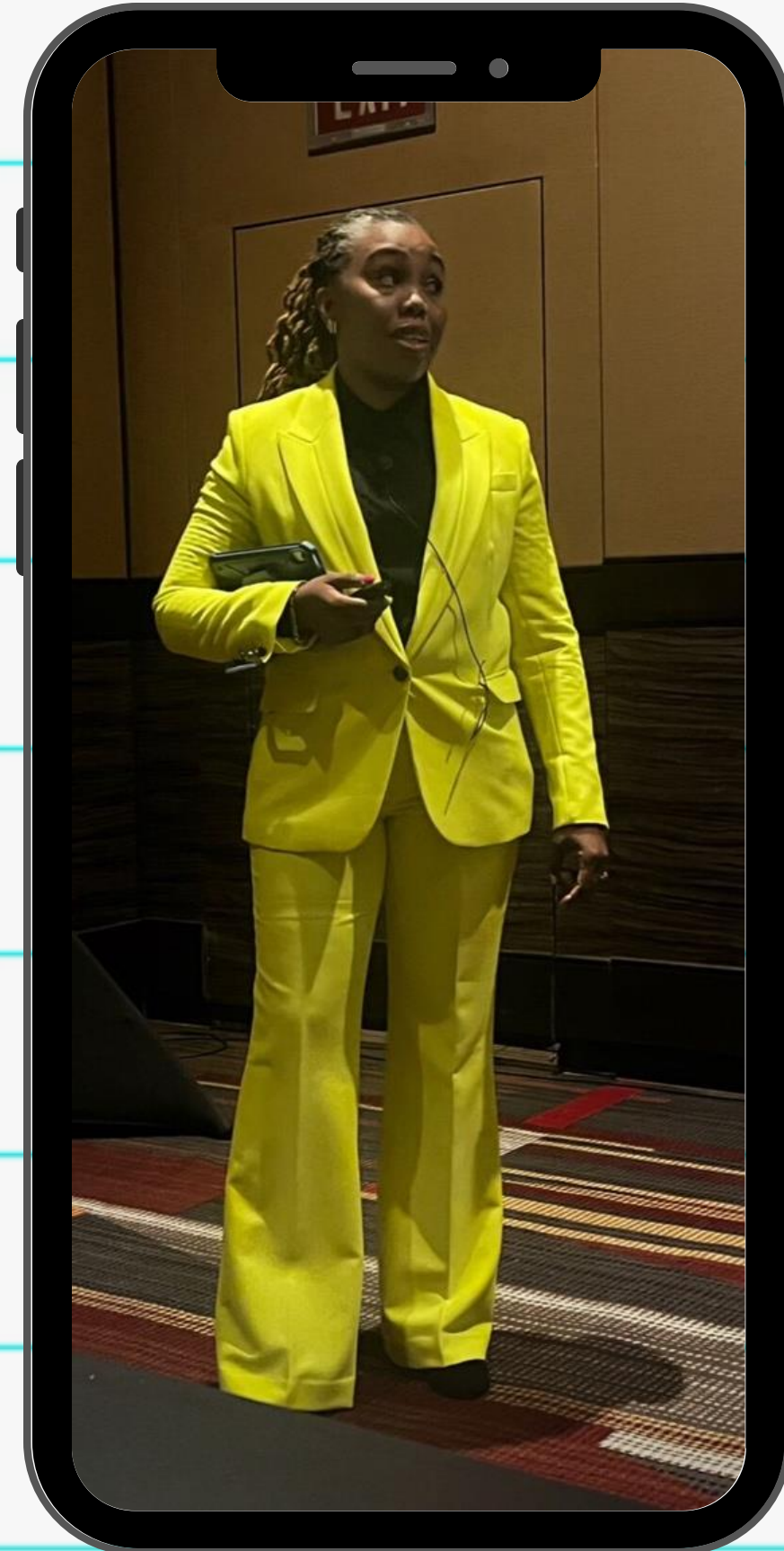
I KNOW WHAT YOU'RE  
THINKING...

-she can't be shy if she was  
in a movie about Marching  
Bands...

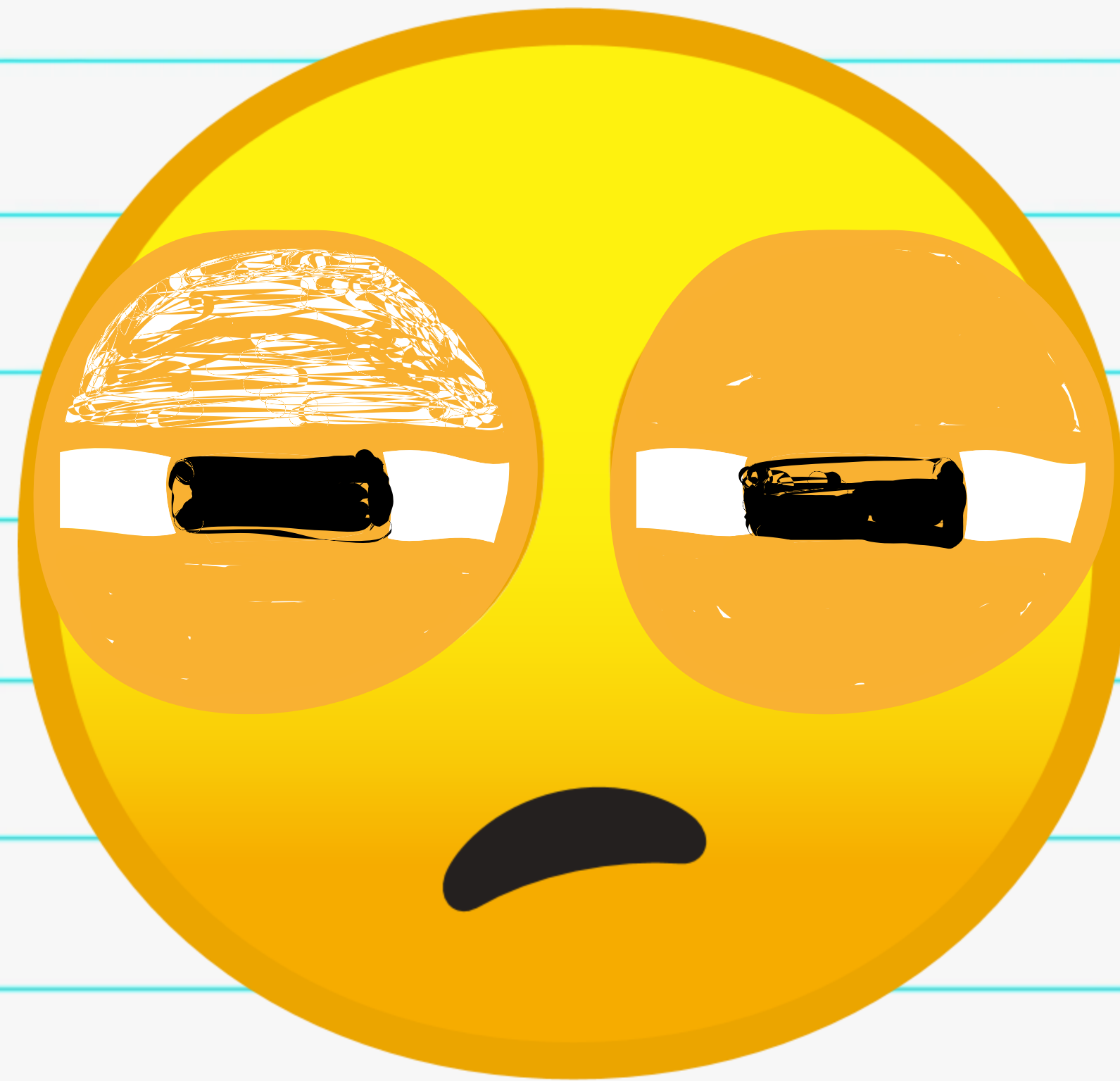


I KNOW WHAT YOU'RE  
THINKING...

-she can't be shy if she  
keeps signing up to do  
these presentations...



OK I SEE WHY YOU  
WOULDN'T BELIEVE ME?  
So let me explain



UNDERSTAN

---

DING

'THE SHY'

---



WHAT DOES IT MEAN TO BE 'SHY'?

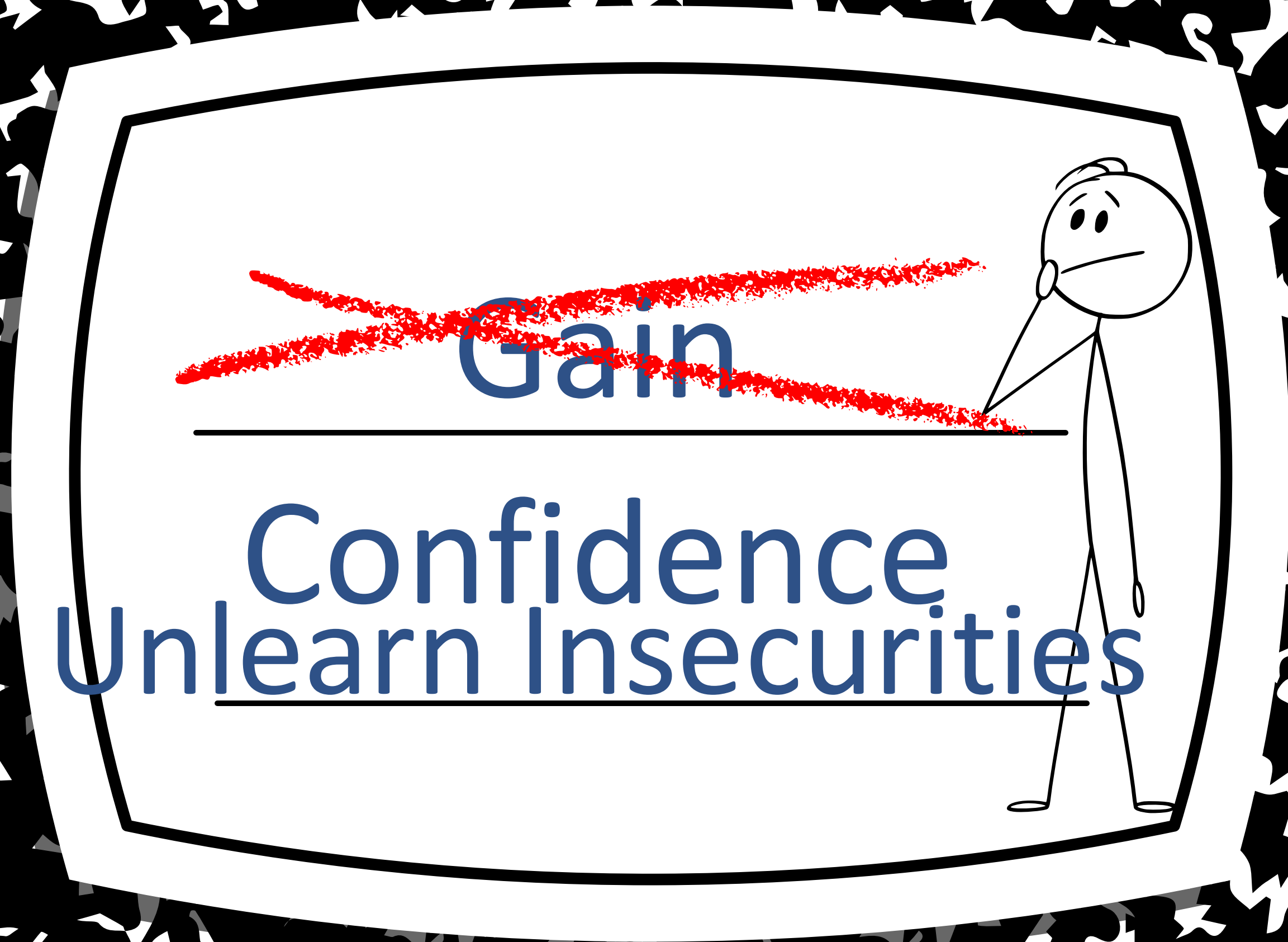
# HOW DO I DEFEAT THE SHYNESS?



✦ ✦ ✦ YOU ARE IN LUCK! ✦ ✦ ✦

I WROTE THIS GUIDE JUST FOR YOU



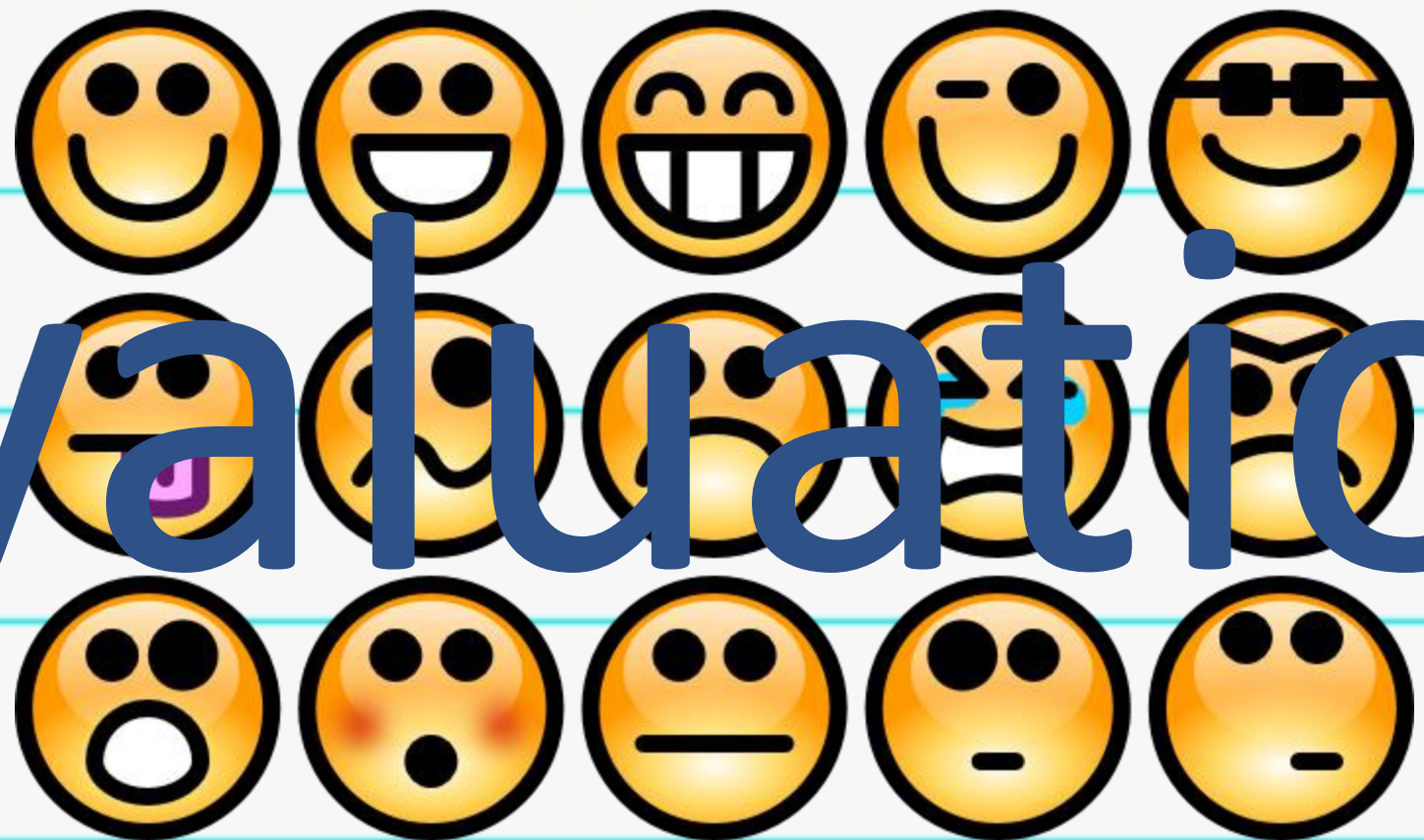


~~Gain~~

Confidence  
Unlearn Insecurities

self

Evaluation



Damaging experiences

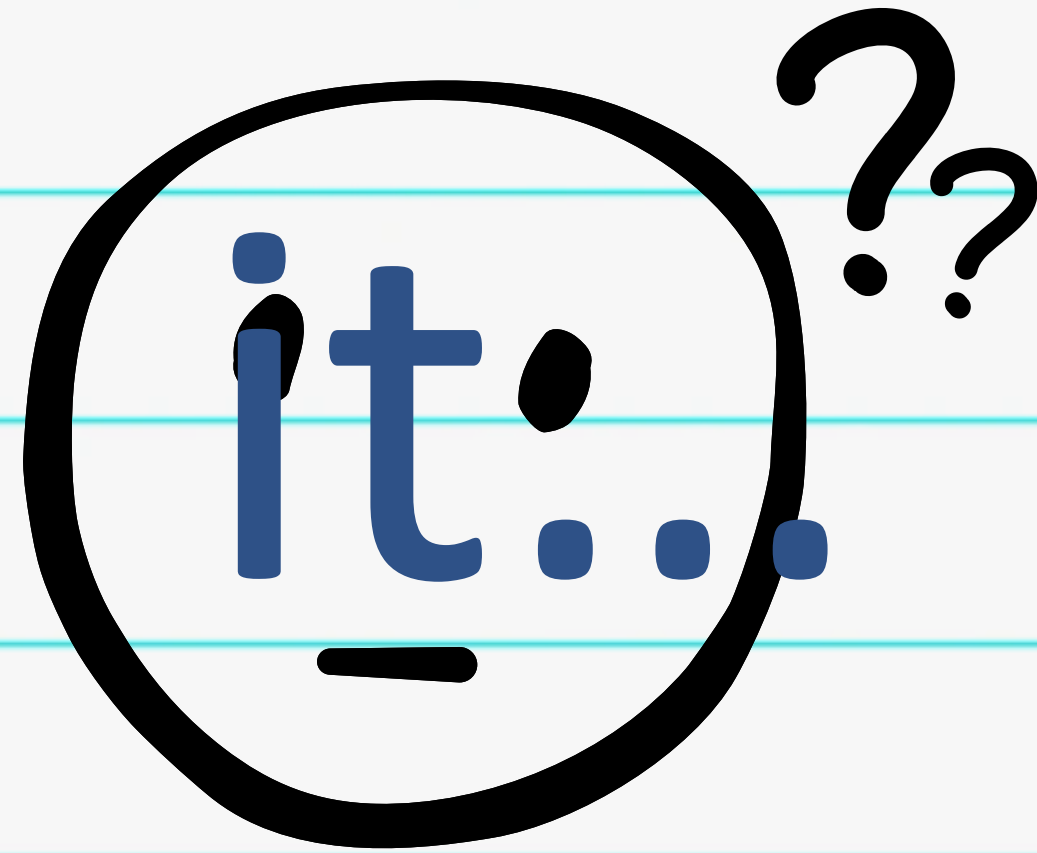


insecuritie

s

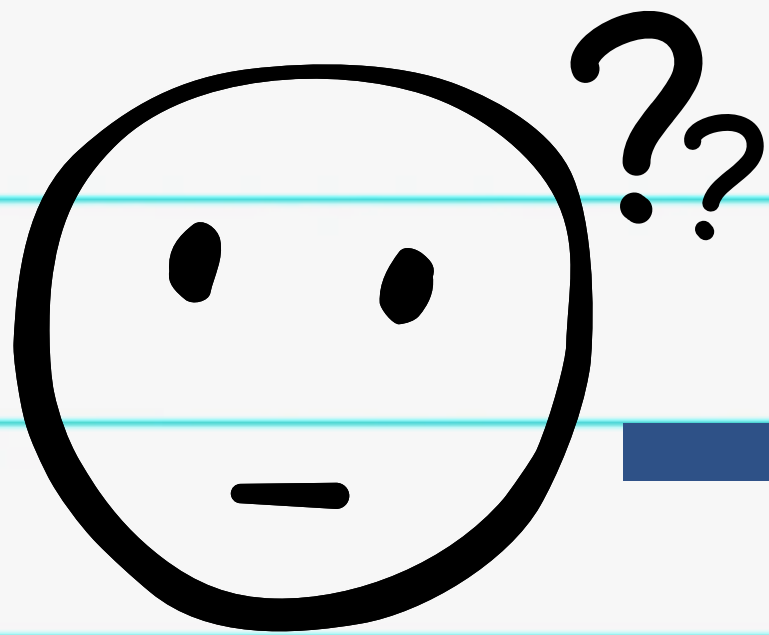


# Think about



write this down 

When I'm feeling shy or  
anxious, I'm afraid people  
will think I am



Fill in the blank:

When I'm feeling shy or  
anxious, I'm afraid people

 will think I am  
**Not Smart**

---

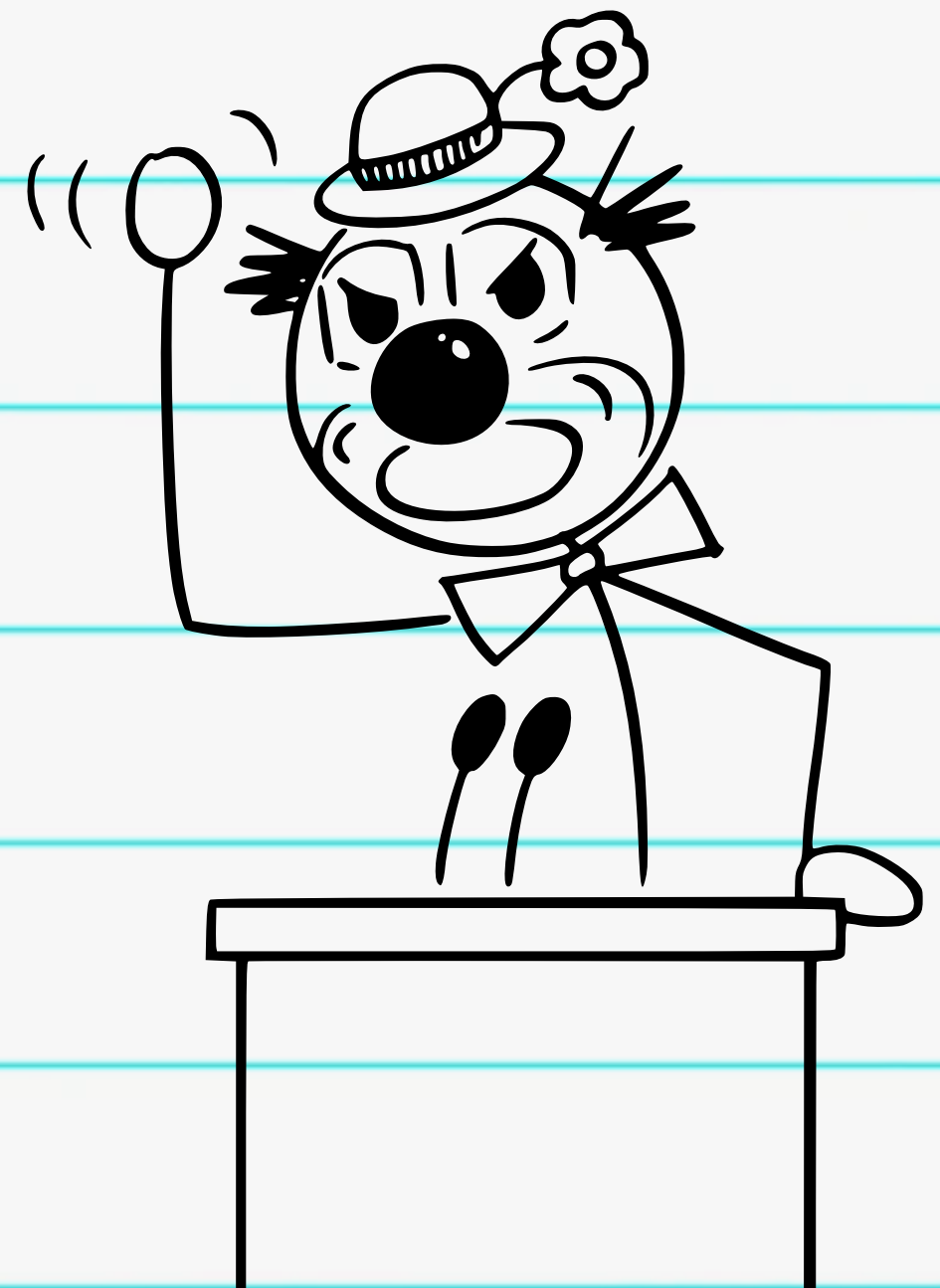
Imagine that thing is true.

What does that say  
about me?

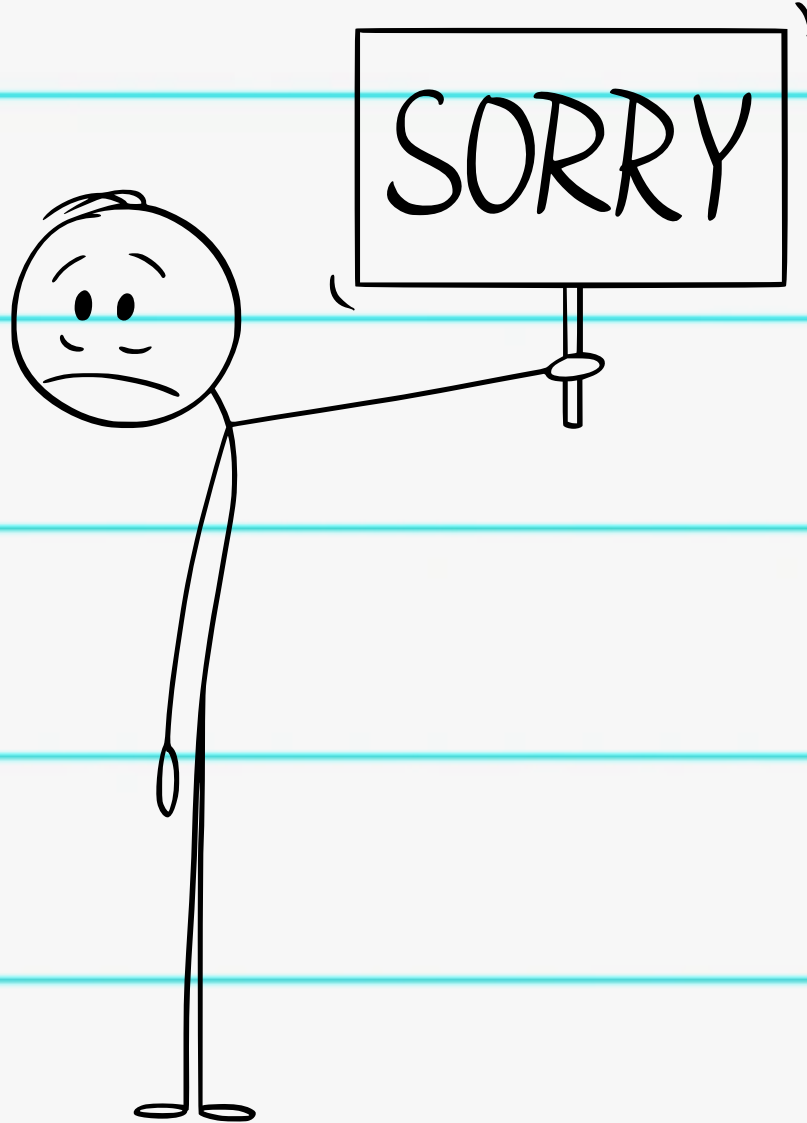
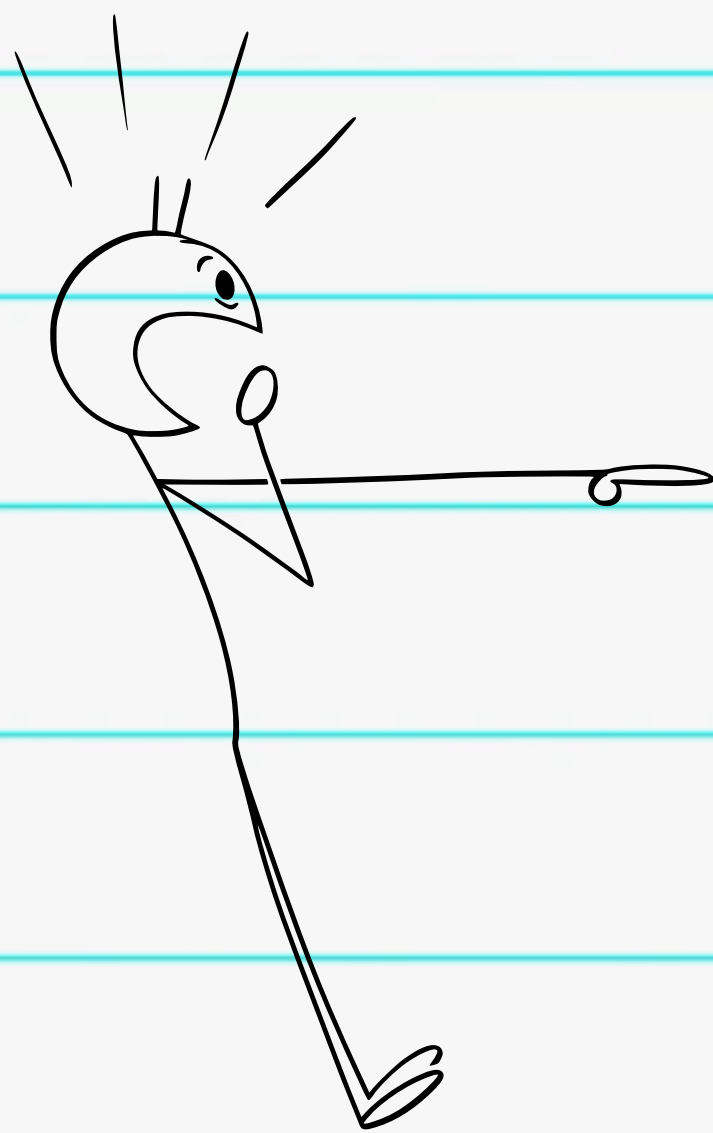
Imagine that thing is true.

What does that say

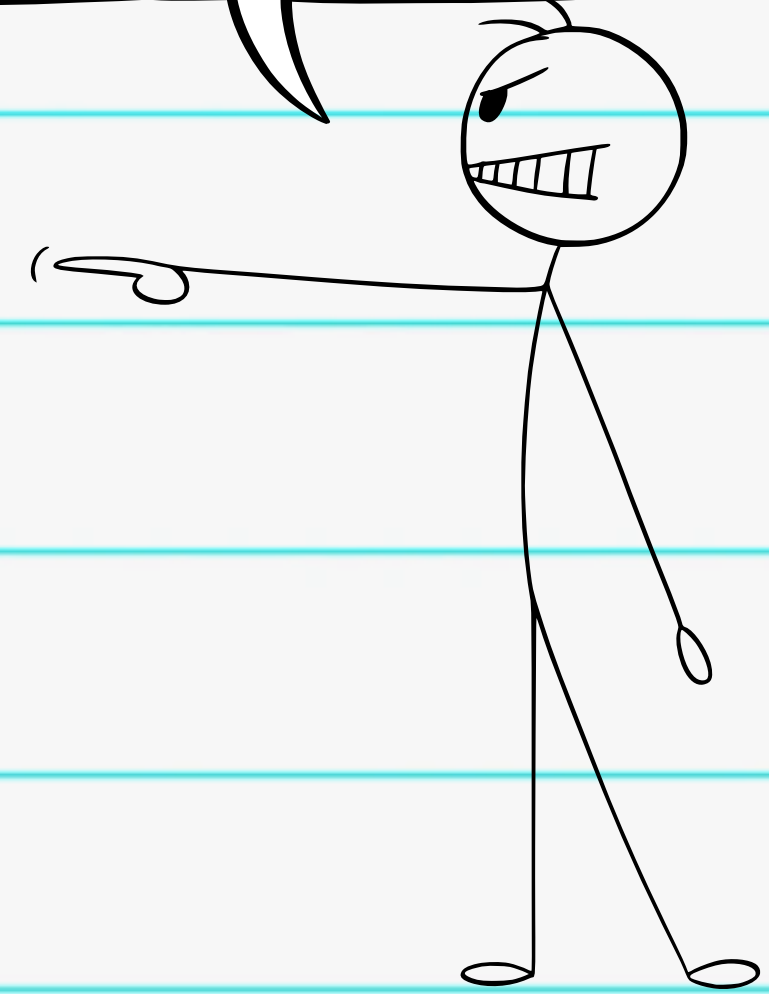
Clown about me?  
Clown



What will be the consequence of all of this?



Clown



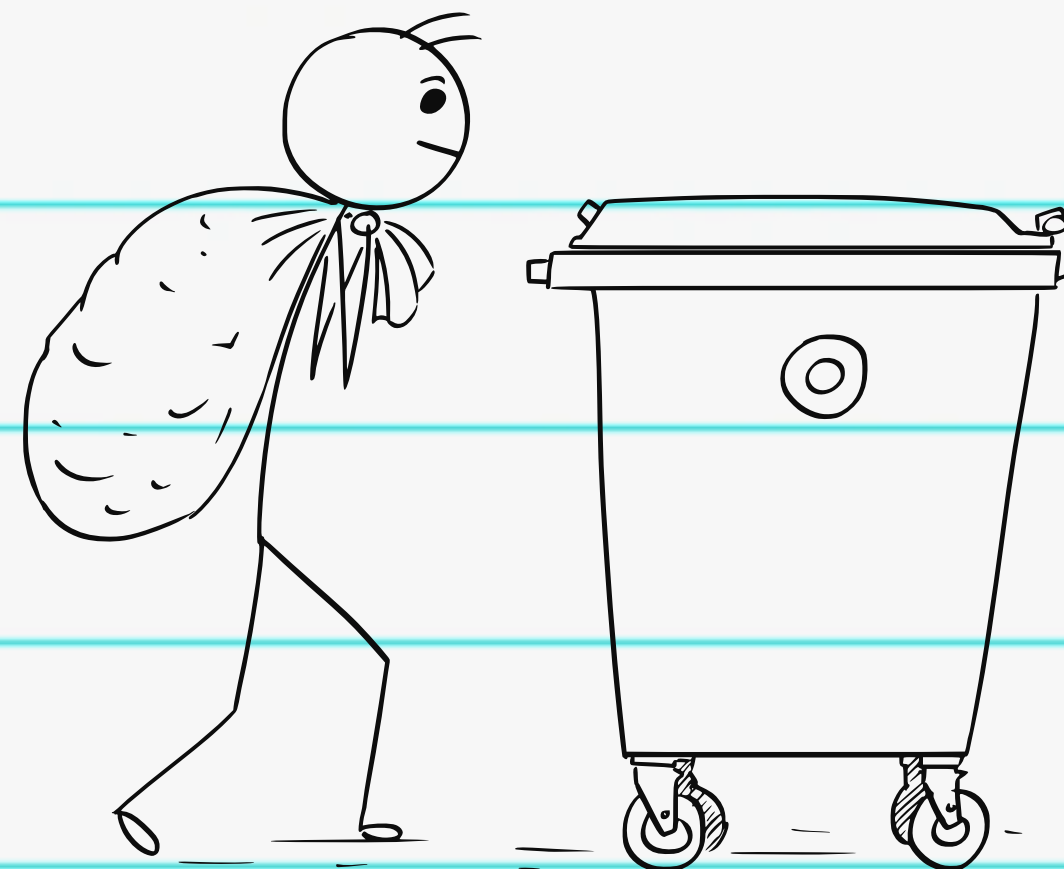
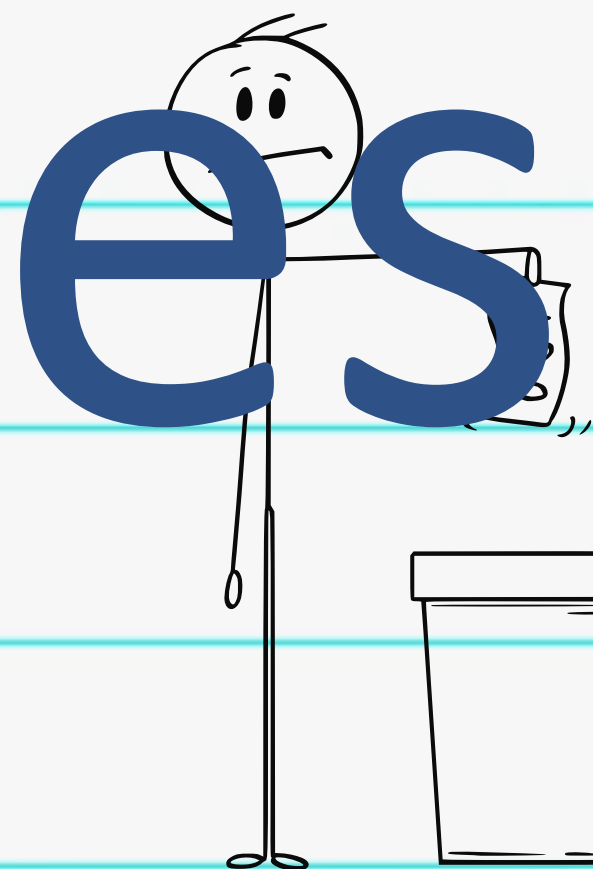
What will be the consequence of all of this?

# Rejection

Throwing out

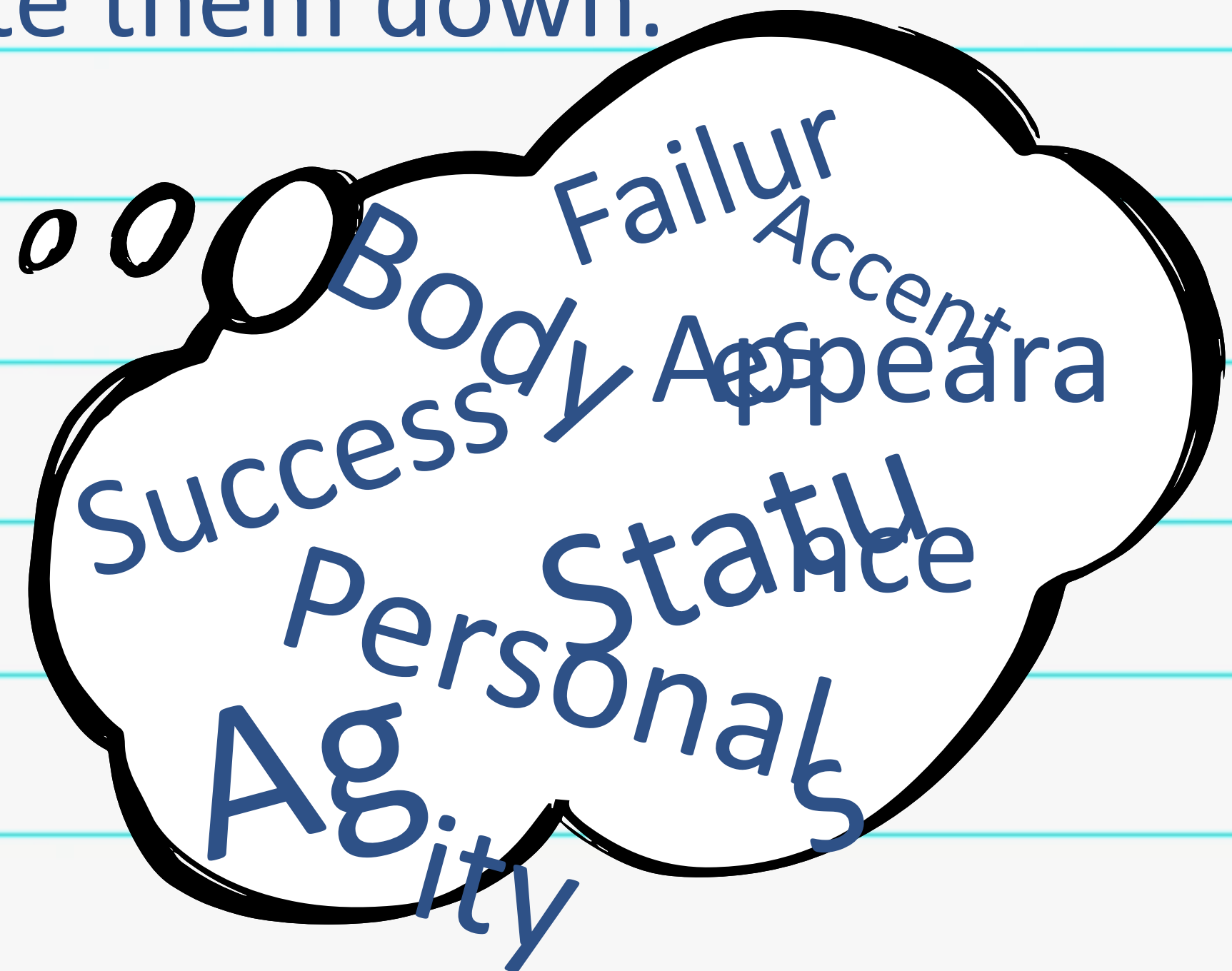
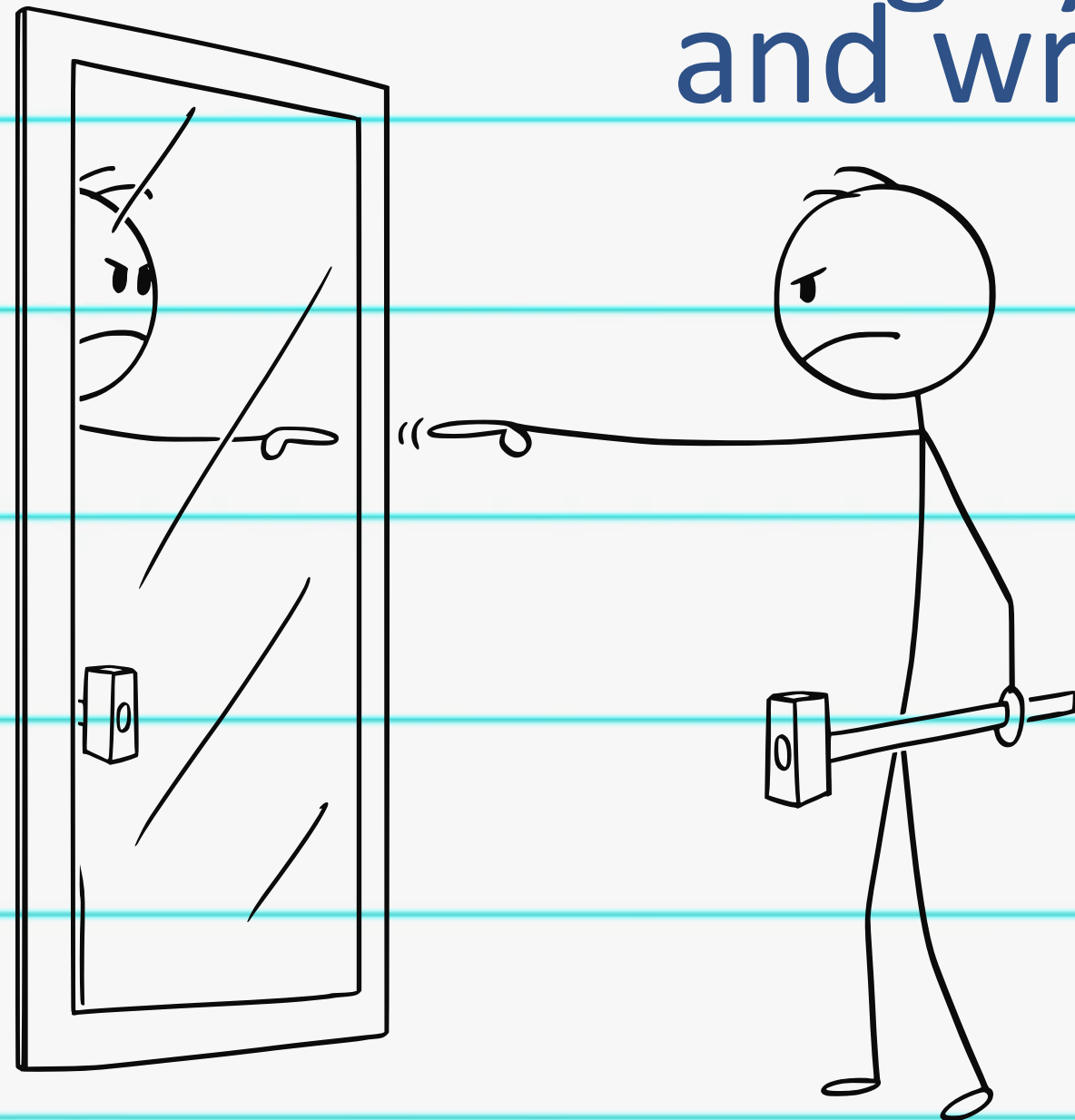
unnecessary

Insecurities



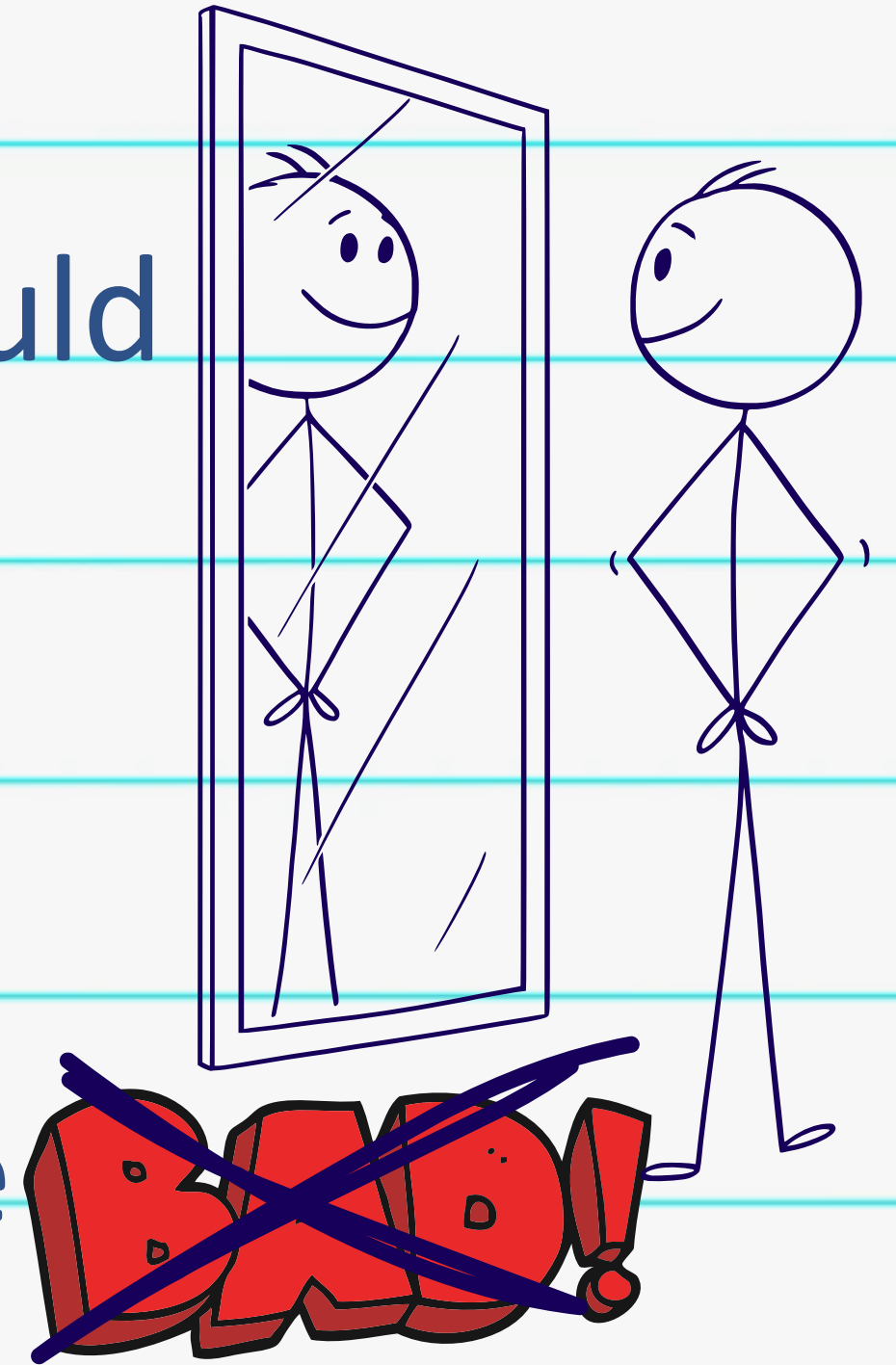
# Take stock in your feelings about you!

Take those things you think are so attack-able and write them down.



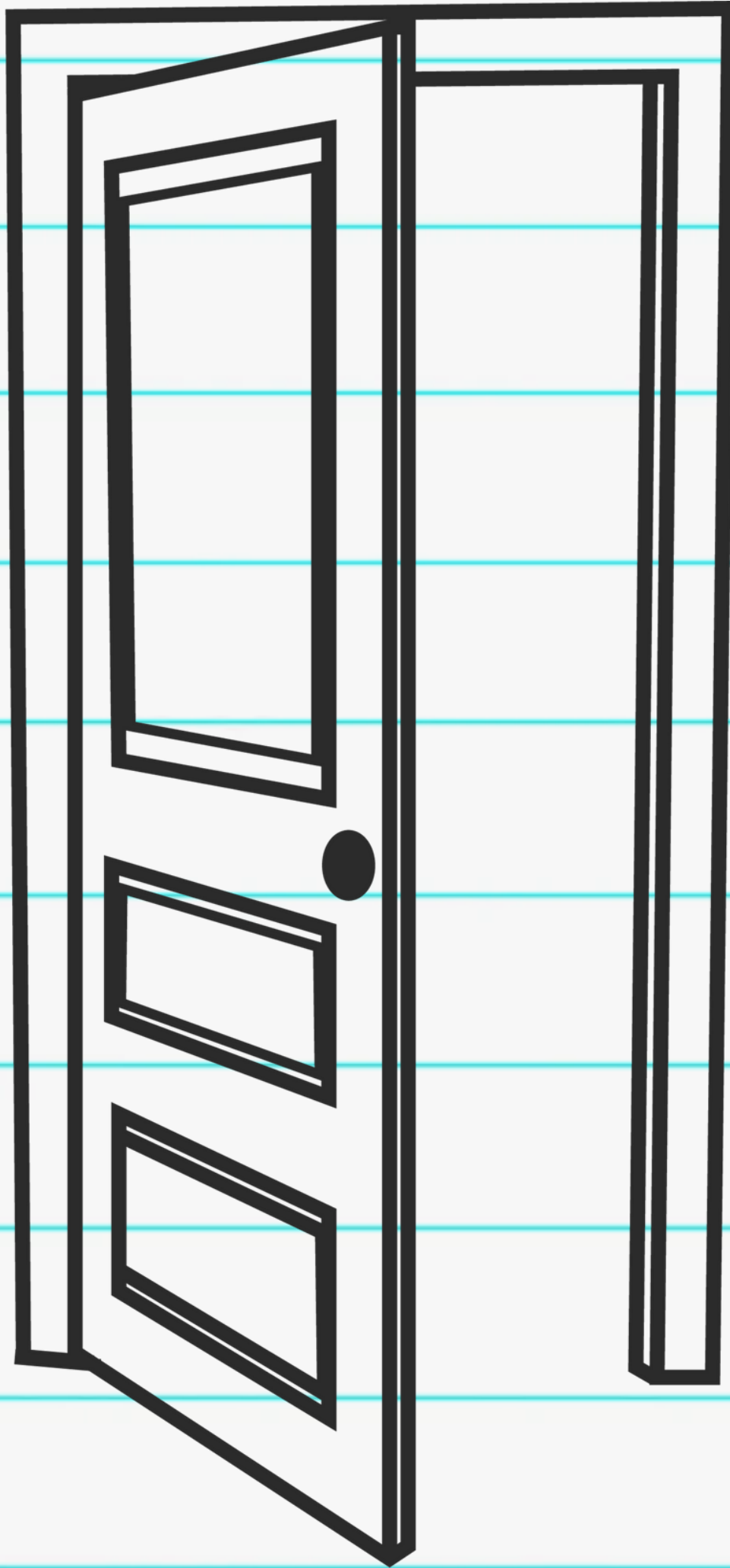
# Have compassion for yourself!

- Go back and think of how you would approach someone with the same traits.
- Imagine yourself showing compassion for them.
- Now use this same energy to have compassion for yourself and cross each of them out!

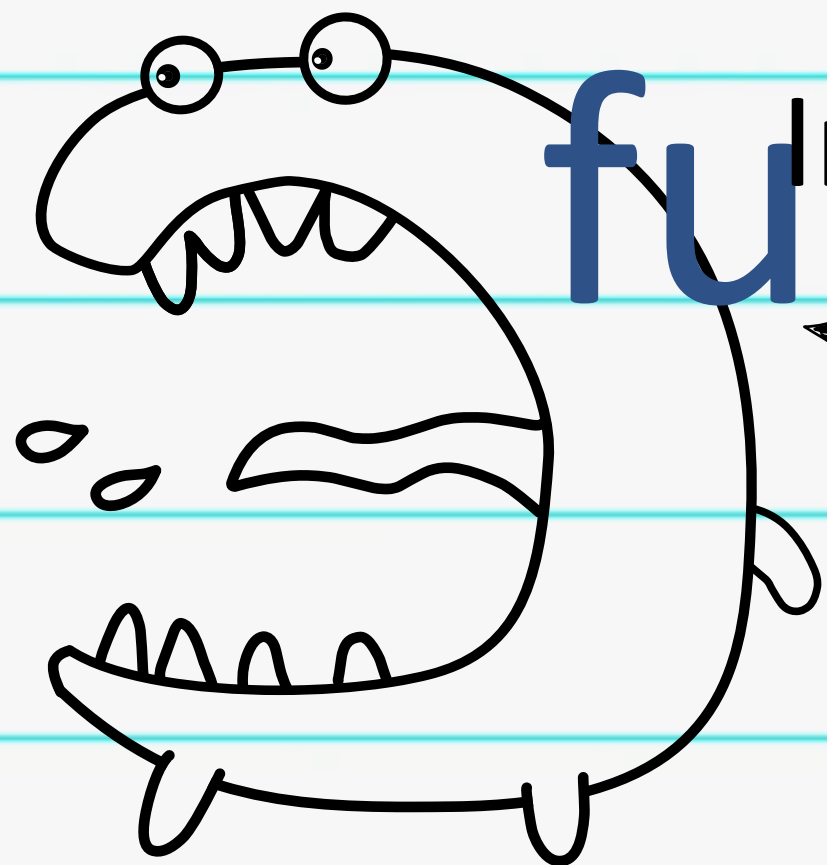


Now that we  
have gotten rid of  
those pesky  
insecurities...



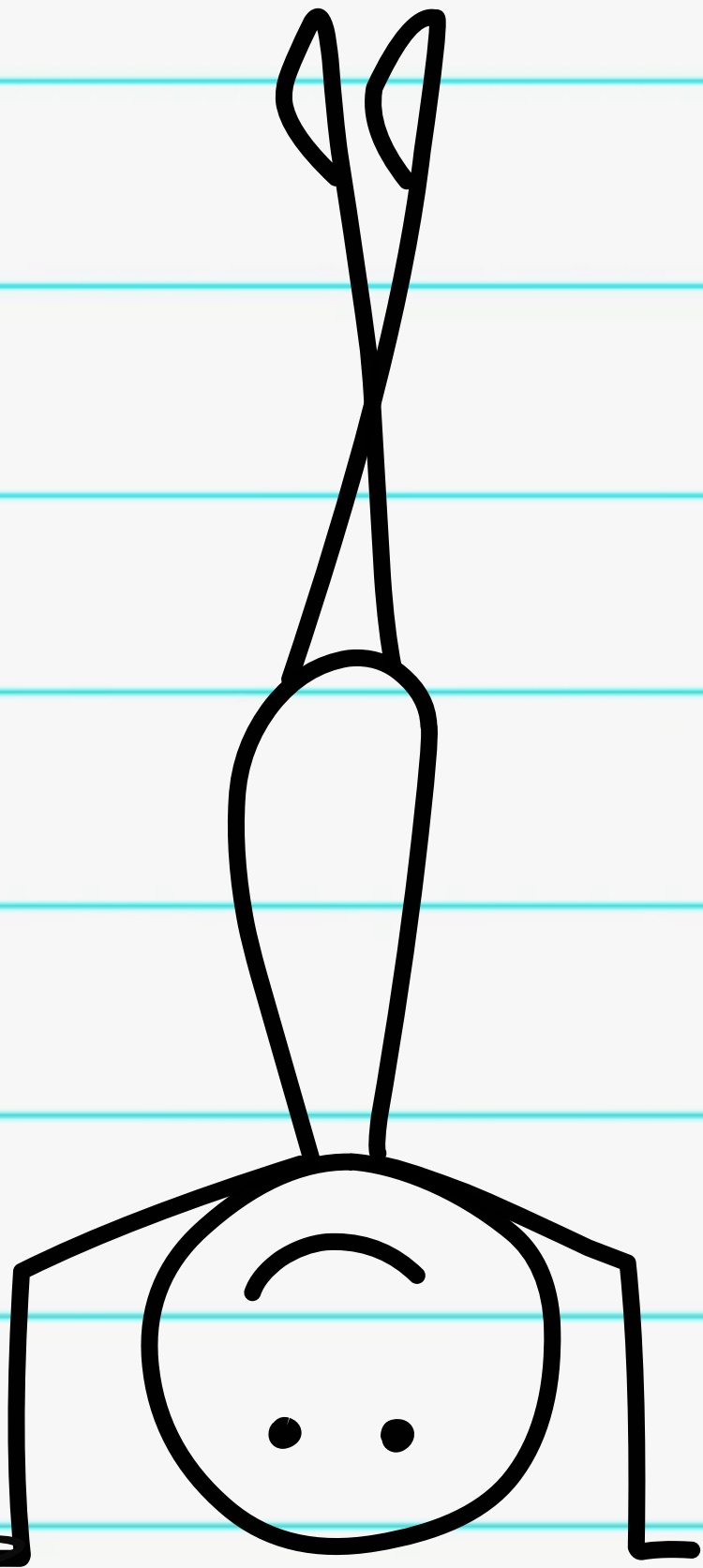
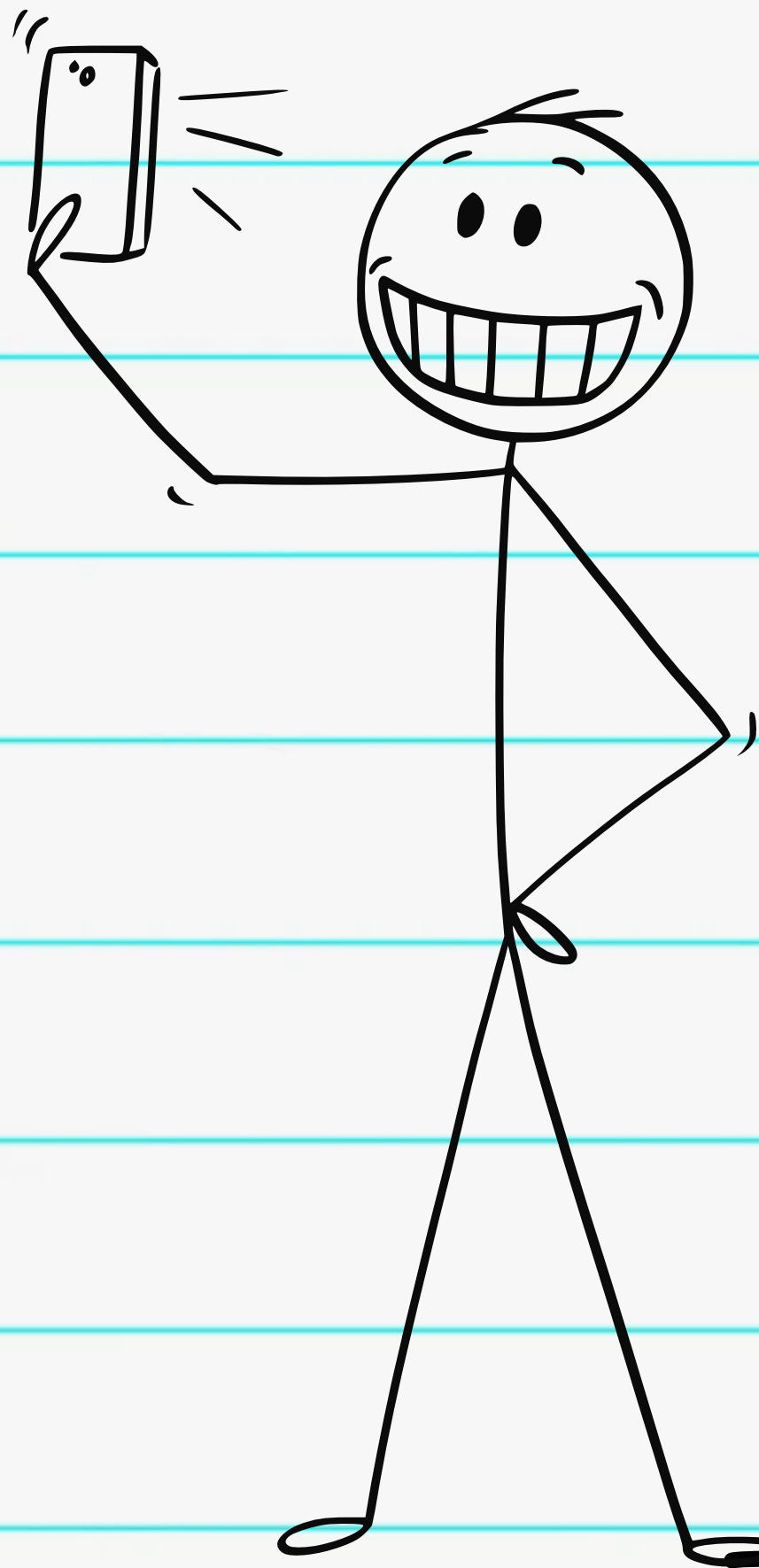


Time to  
have some



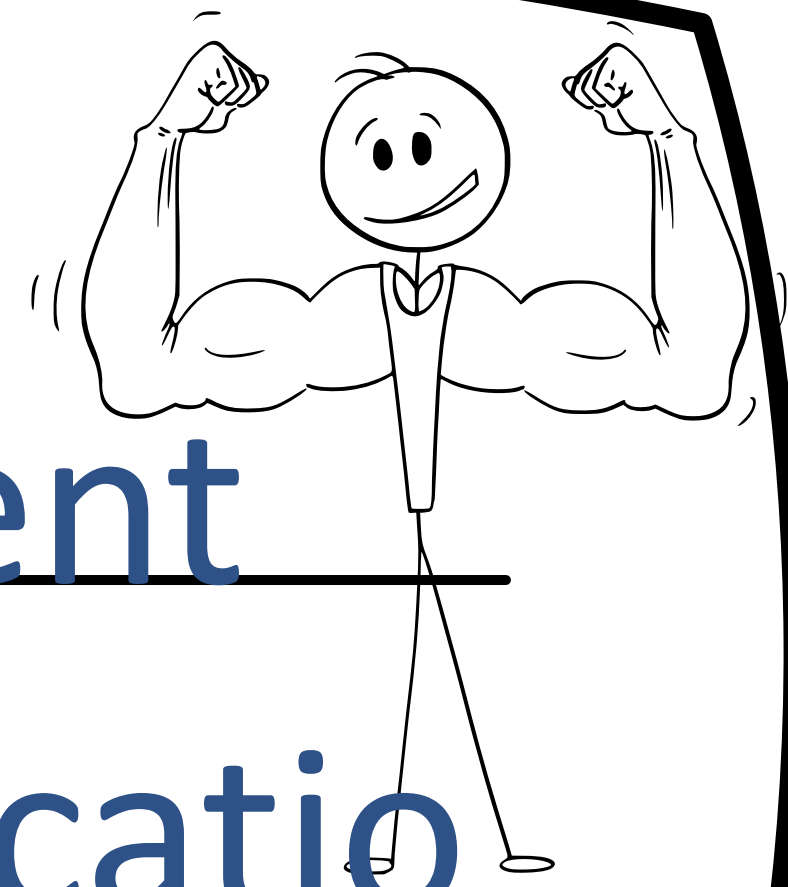
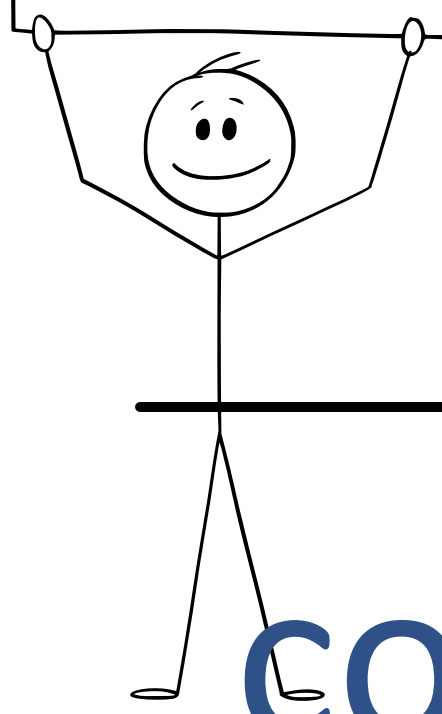
fun!  
Insecurities





play it!

I'M READY

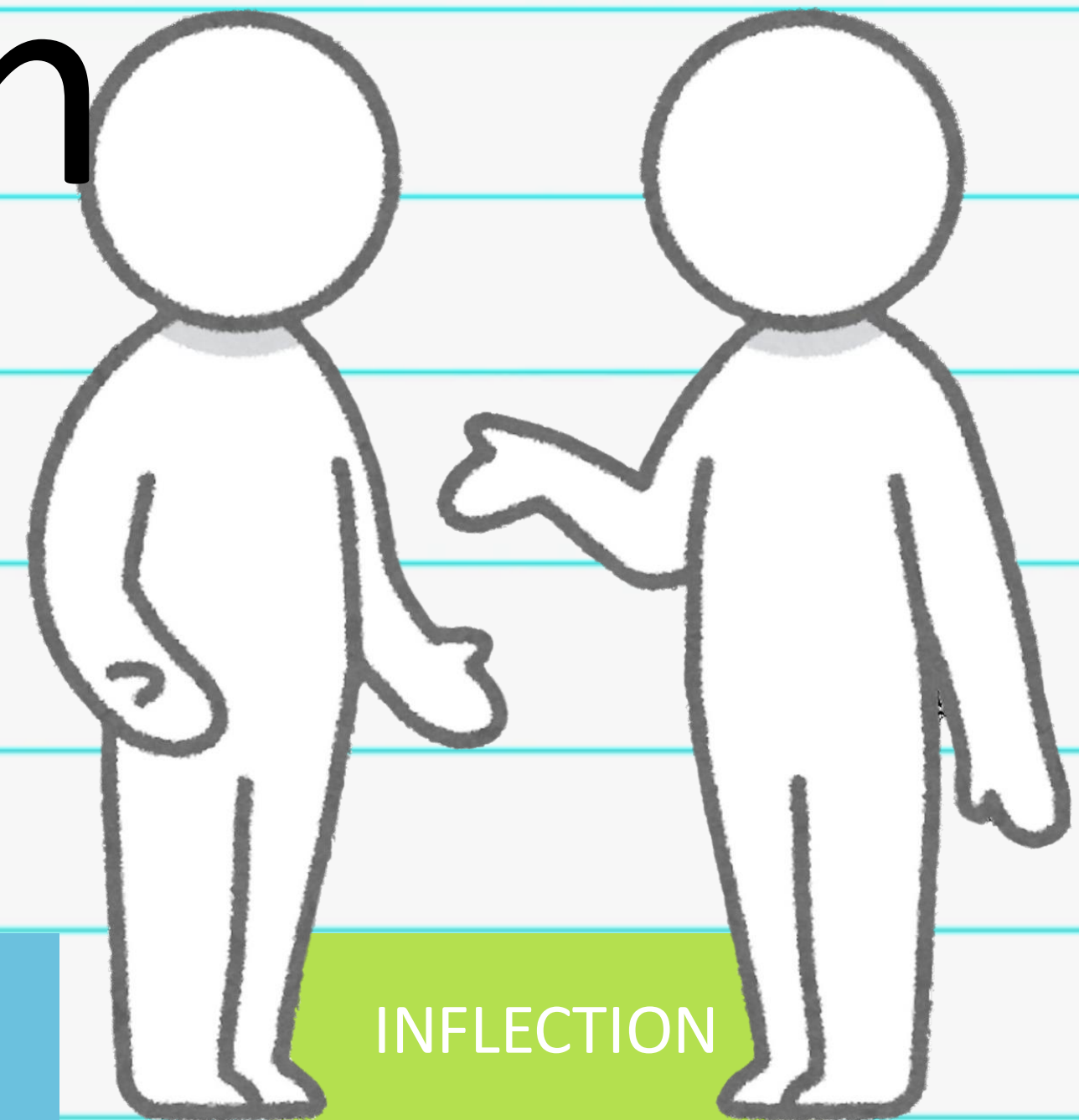


Confident  
communication

Let's do this!

# what is Communication

...

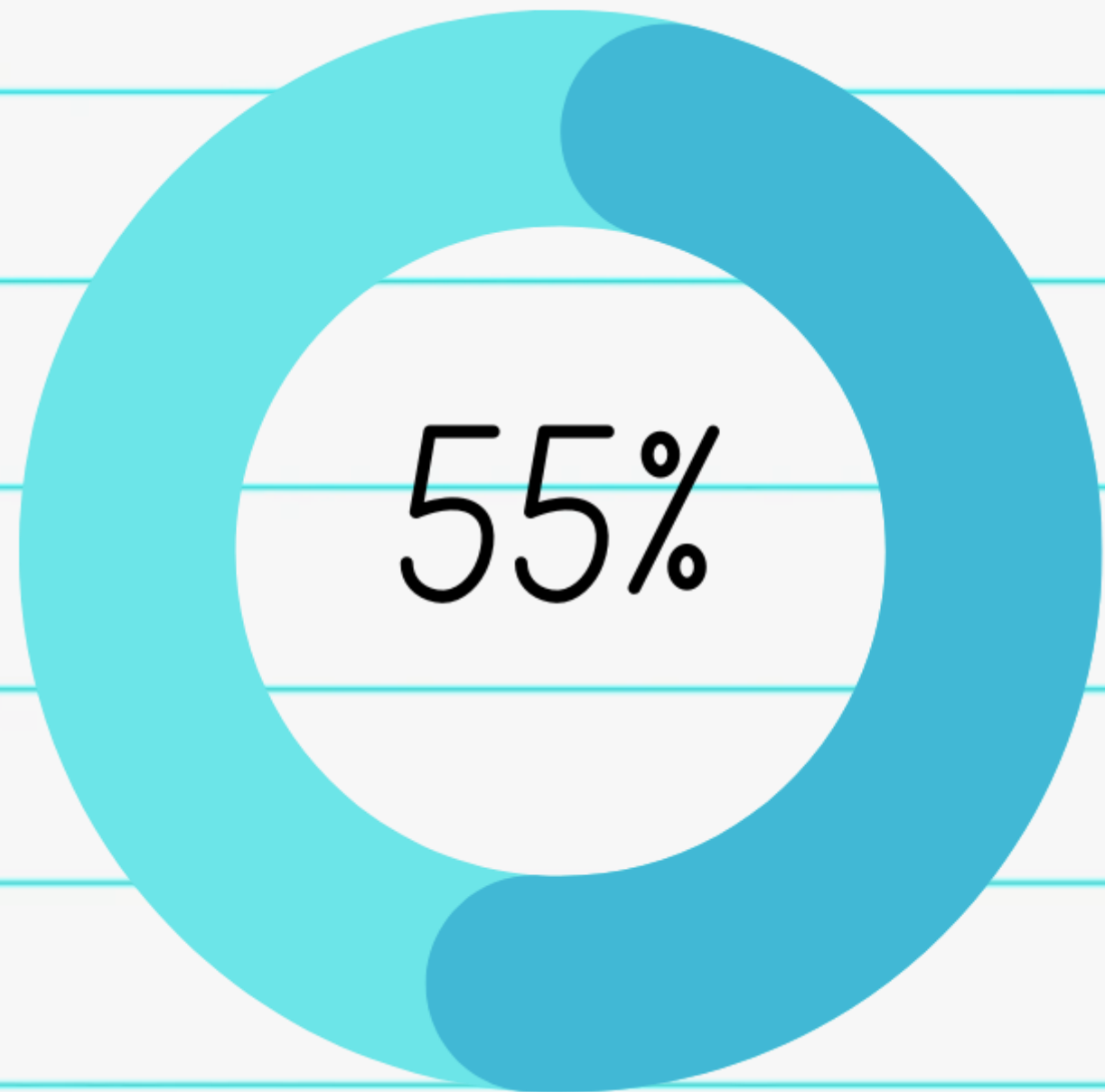


WORDS

BODY  
LANGUAGE

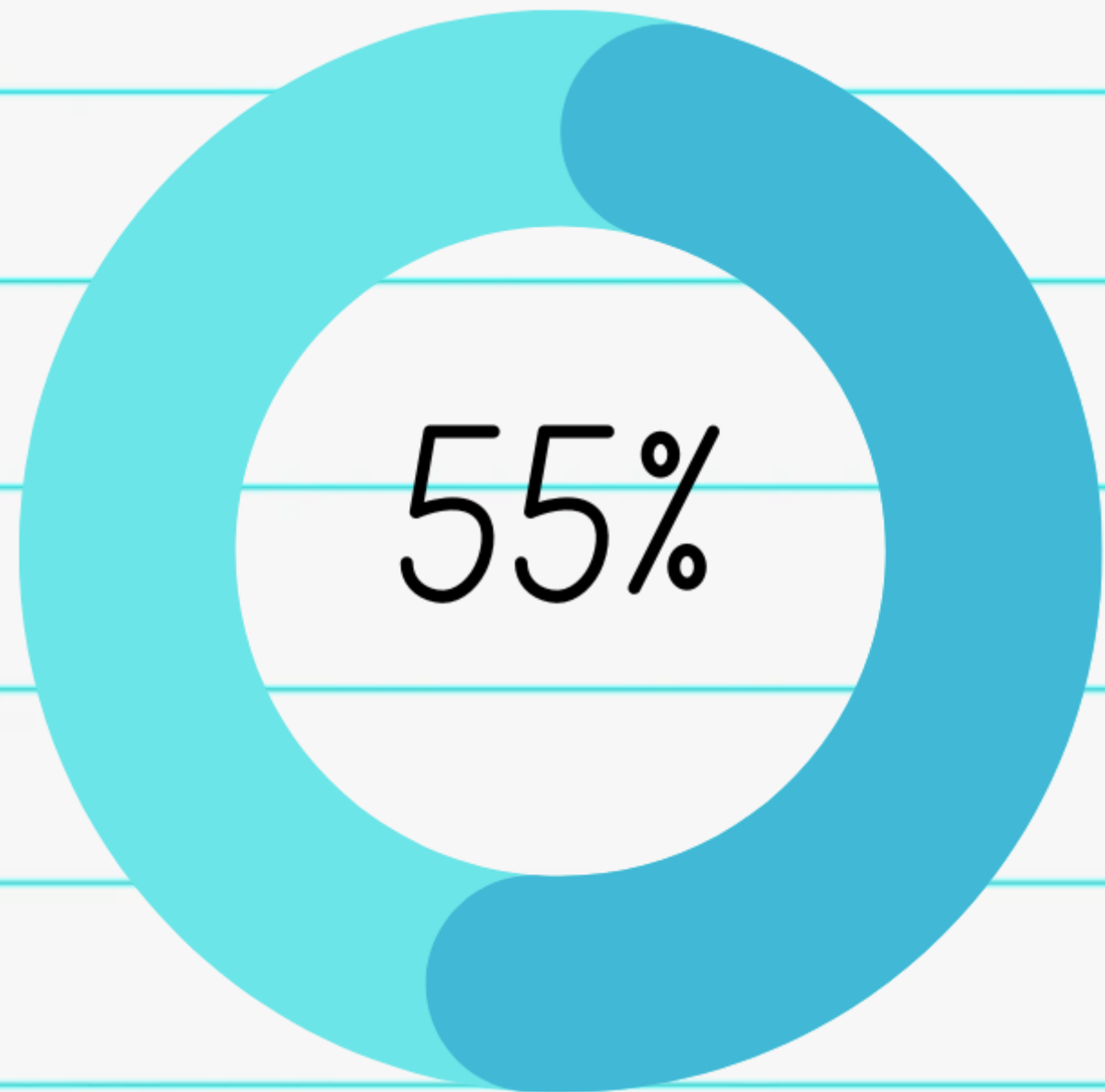
INFLECTION

# BODY LANGUAGE

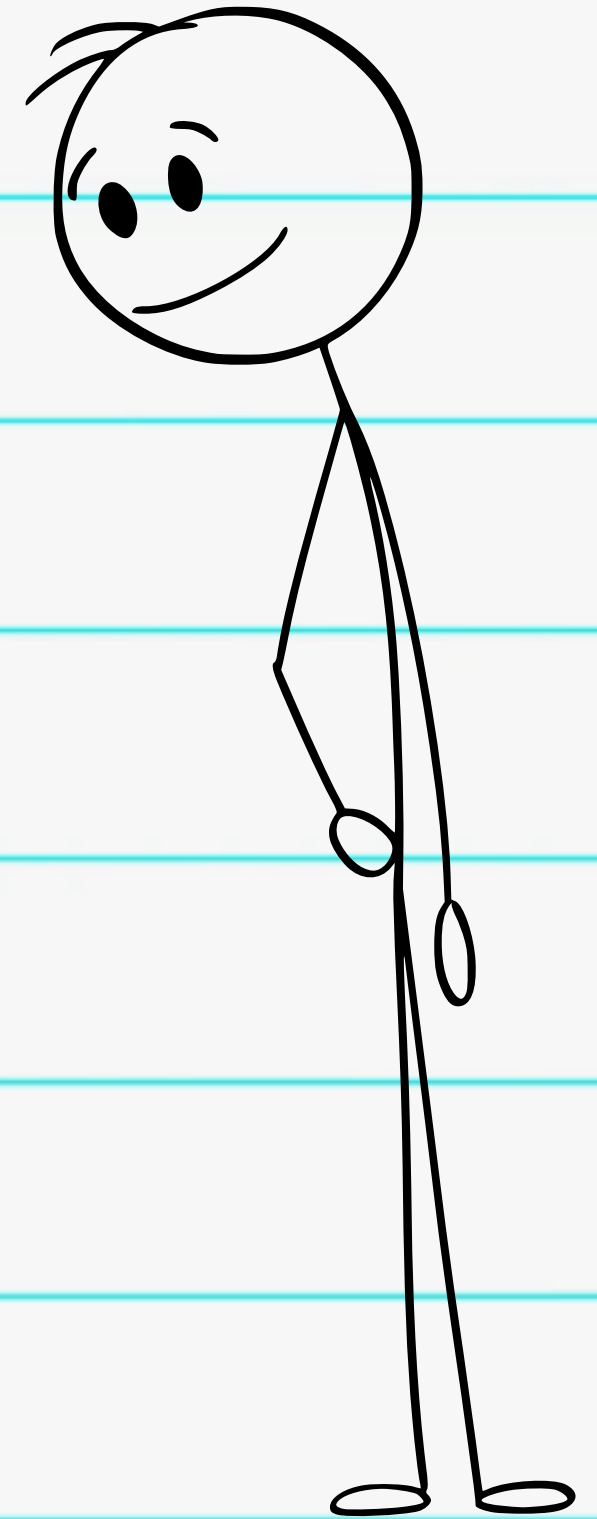
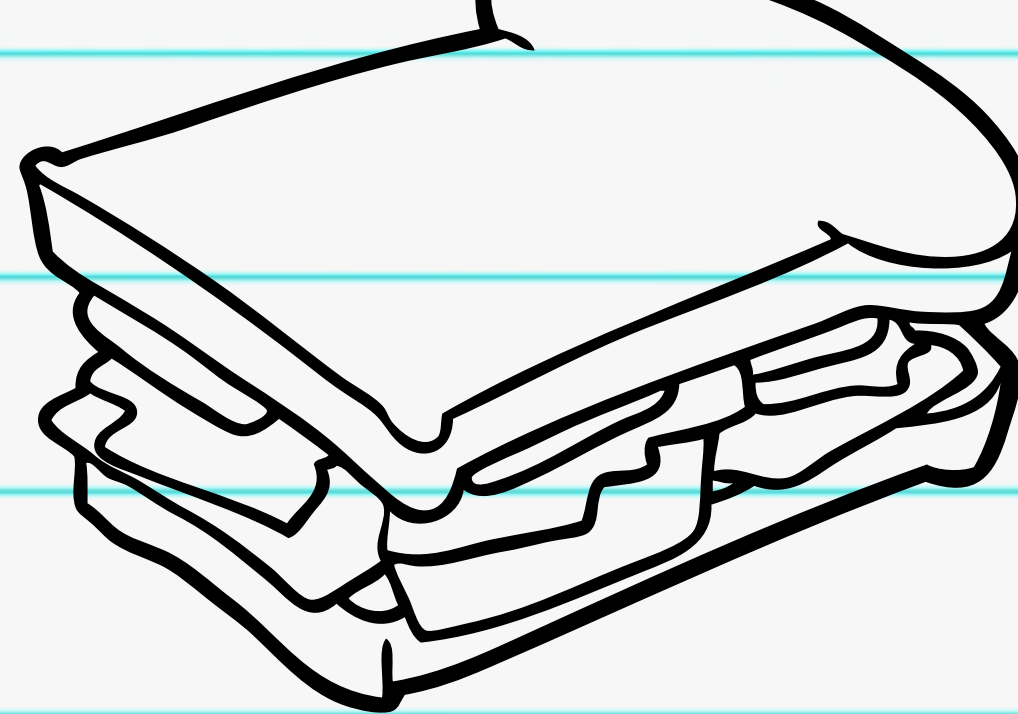


Your Body Speaks before your words  
do— Confidence isn't just heard it's  
seen

BODY  
LANGUAGE

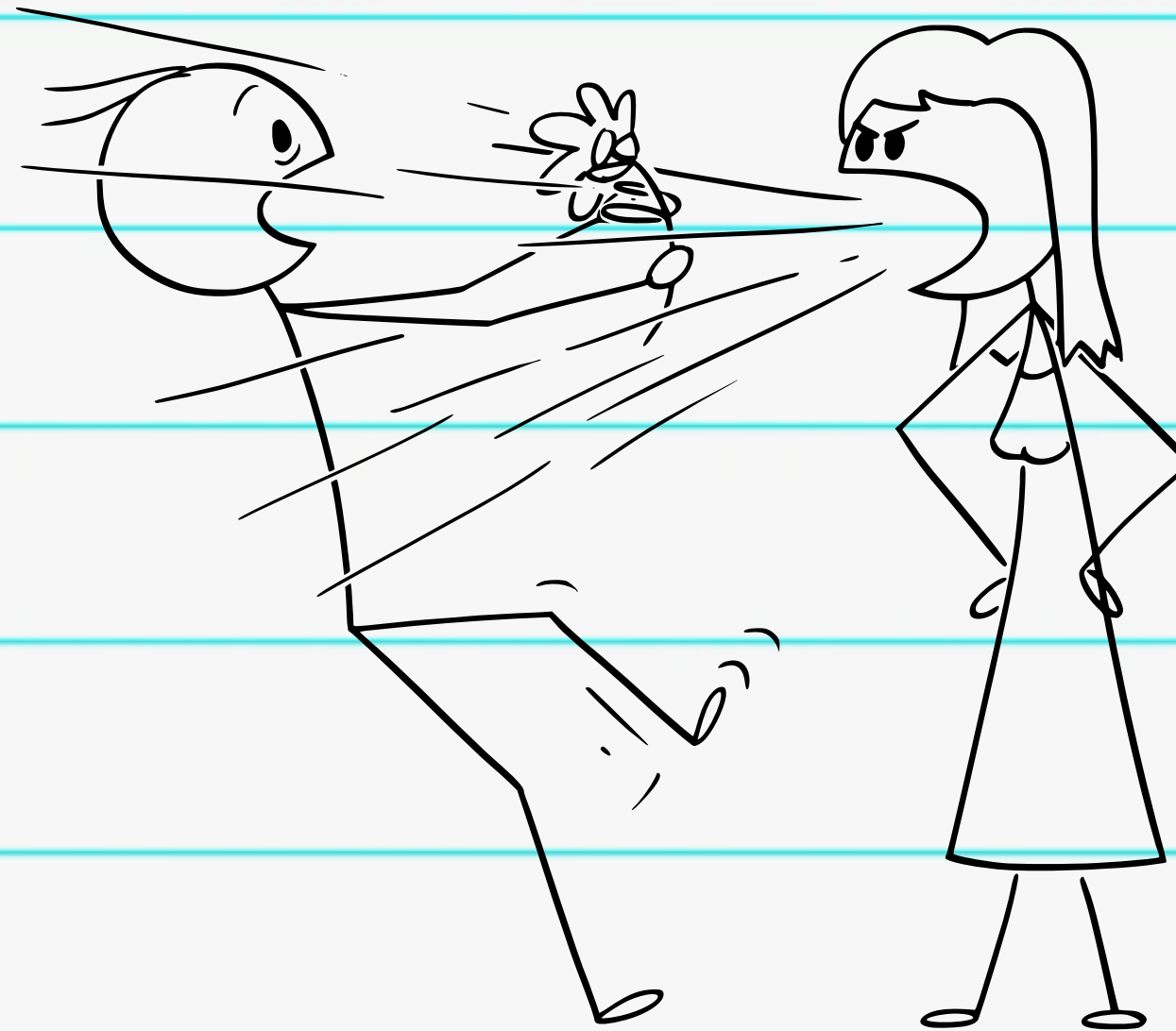


How to make  
a Ham and Cheese  
Sandwich.



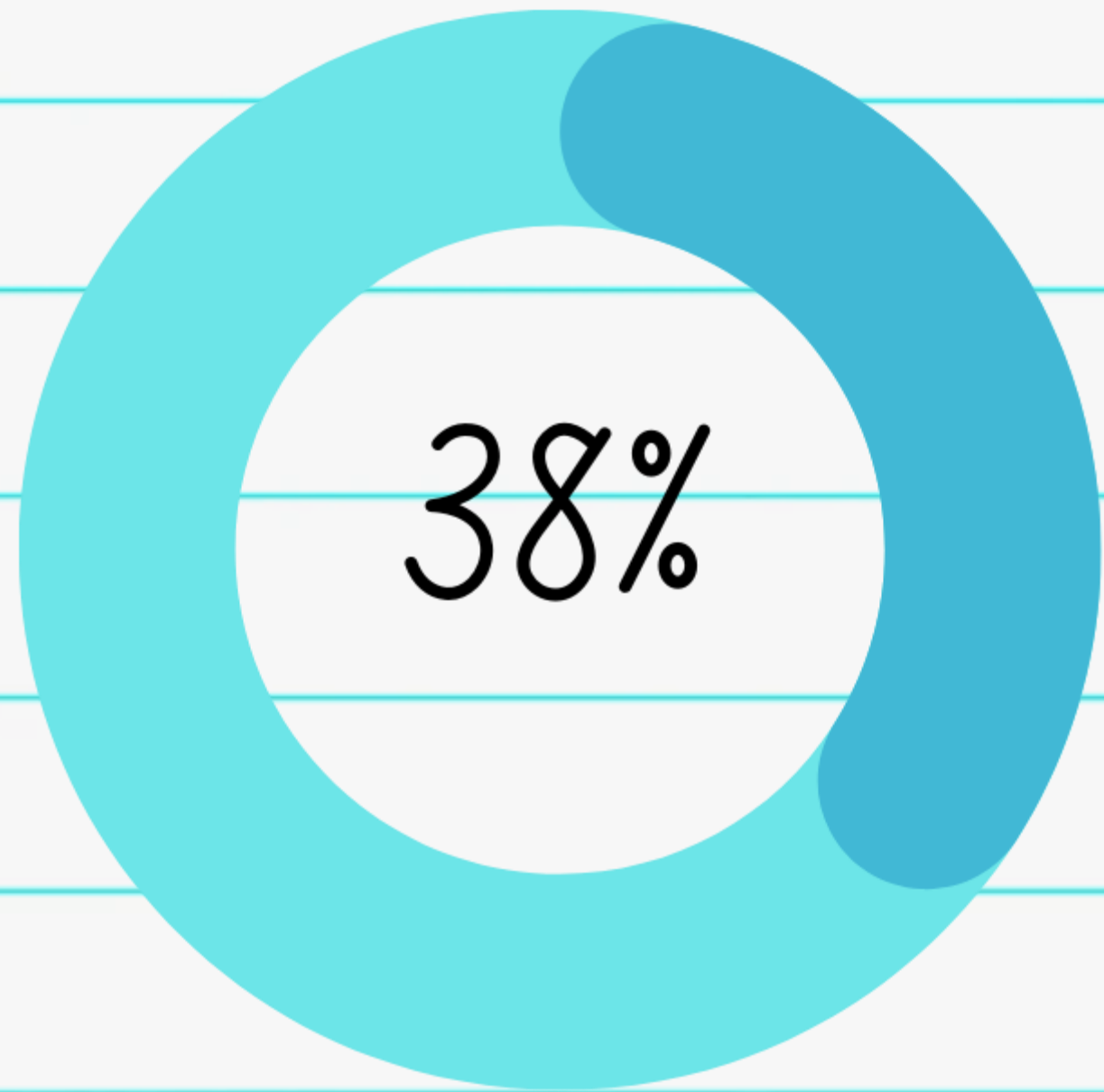
# INFLECTION

38%



How you say, what you say  
matters...

# INFLECTION



I **Didn** SAY SHE TOOK THE MONEY

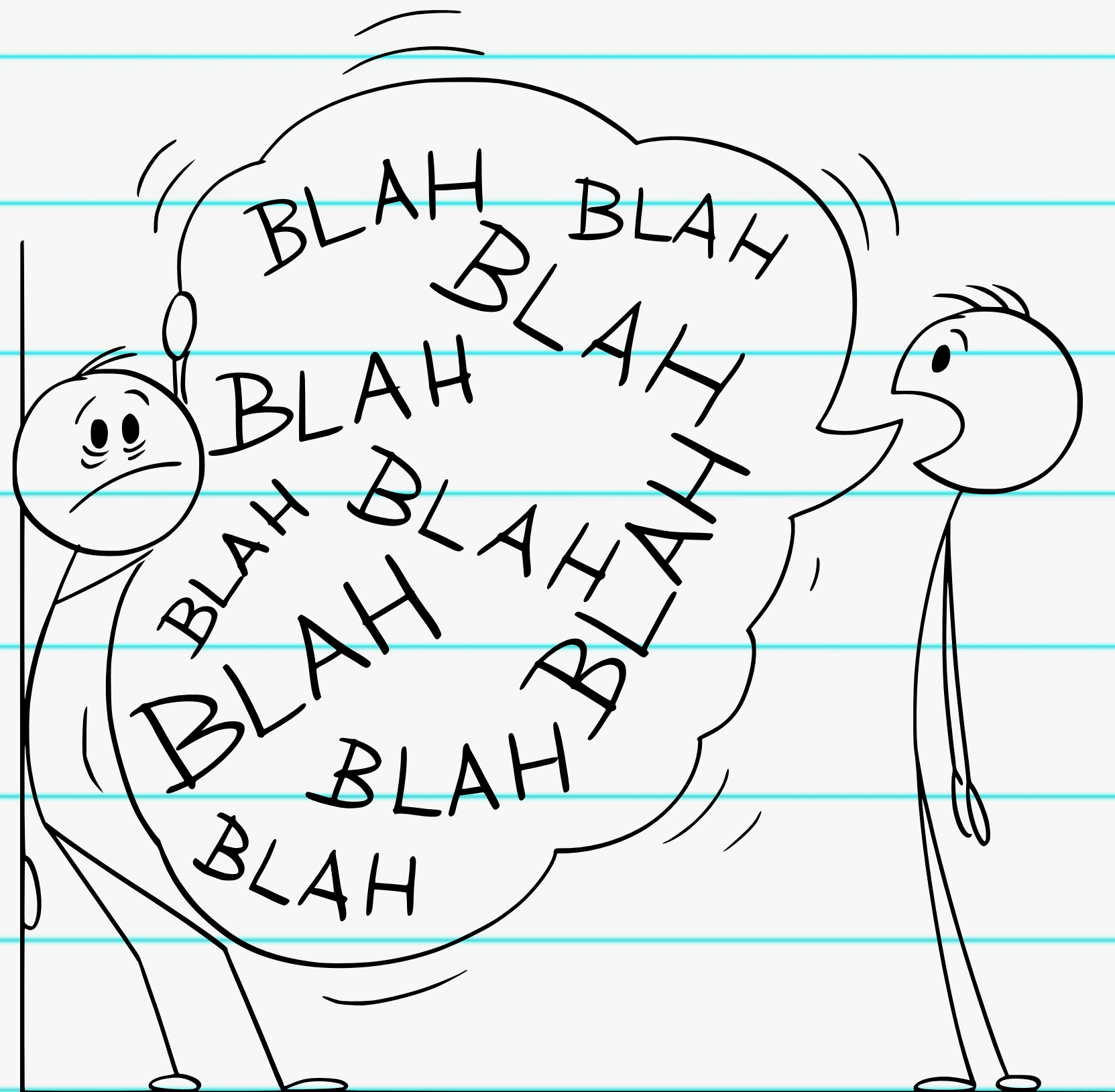
I DIDN'T <sup>t</sup>**sa** SHE TOOK THE MONEY

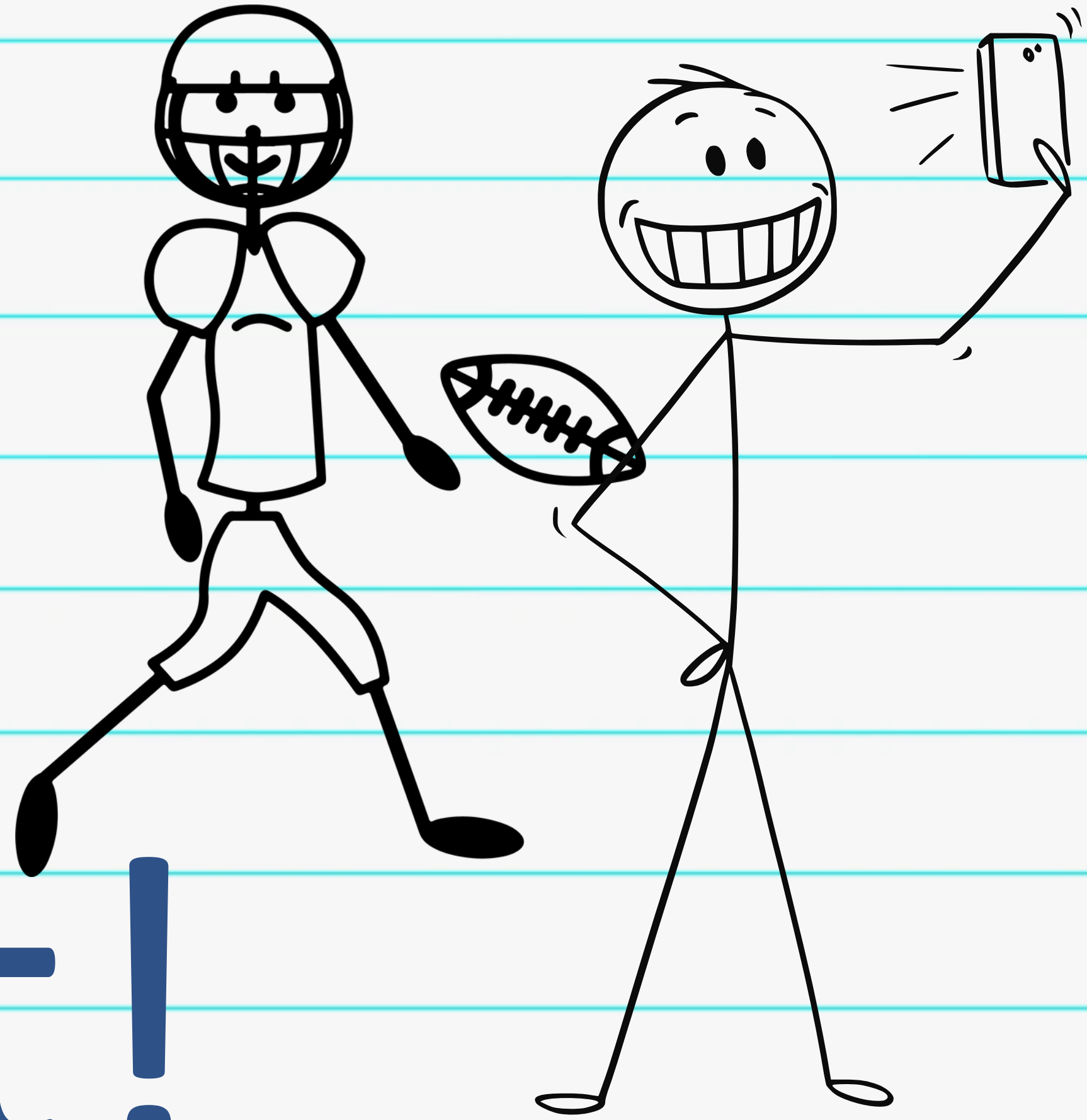
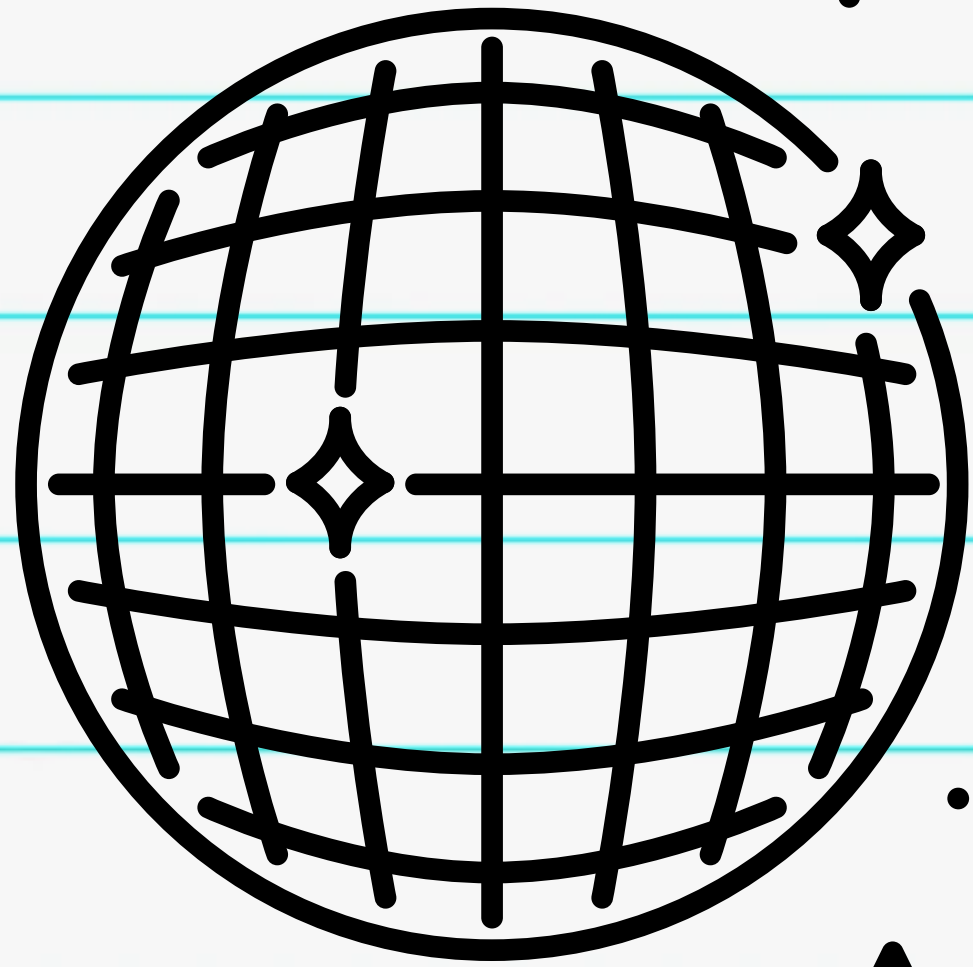
I DIDN'T SAY SHE <sup>y</sup>**Too** THE MONEY

**k**

# WORDS

7%





play it!

# Preparation

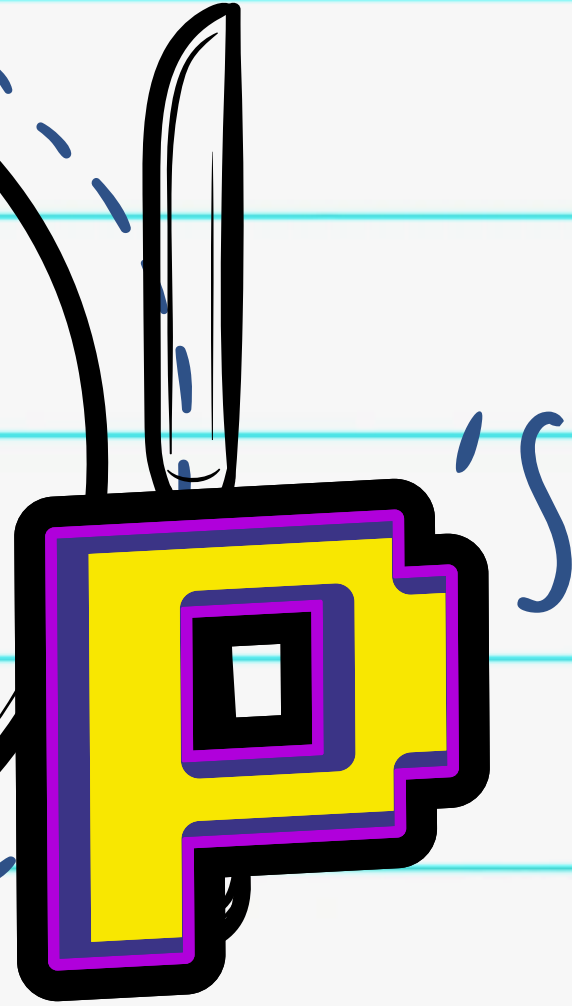
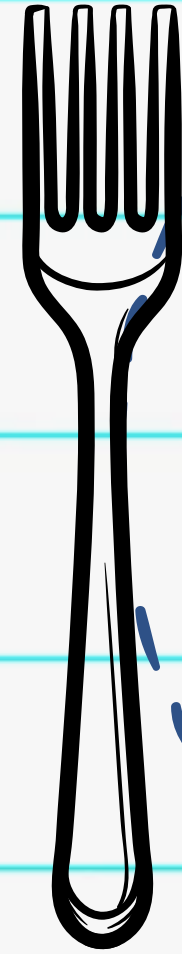
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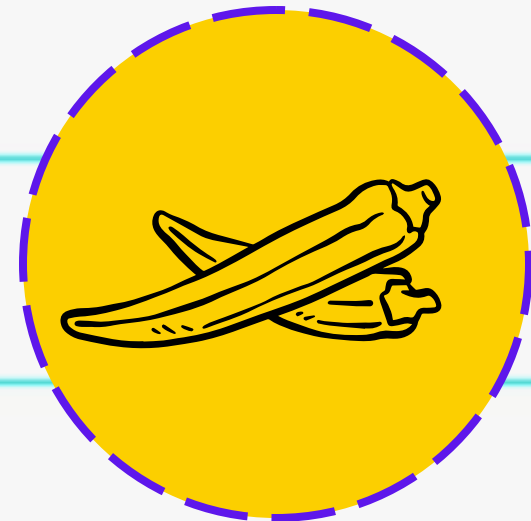
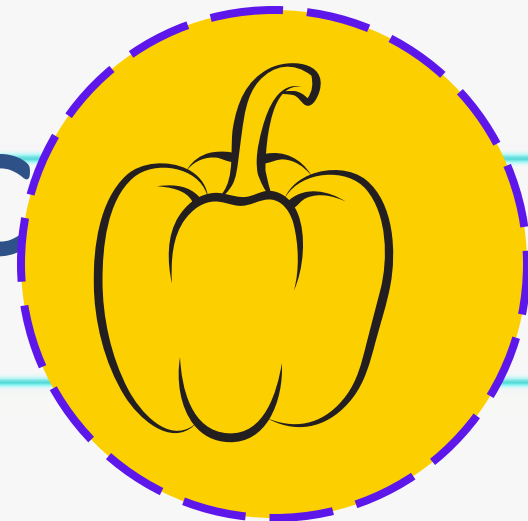
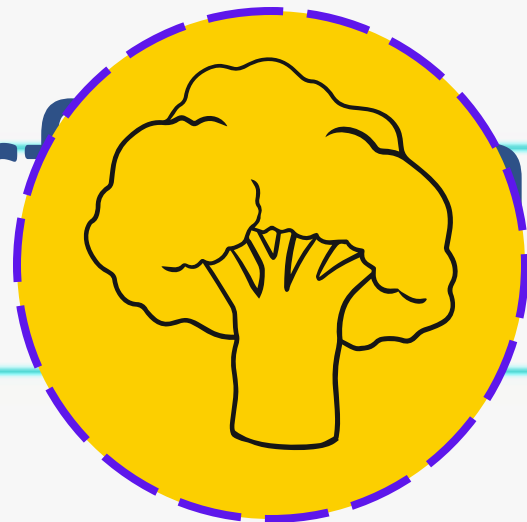
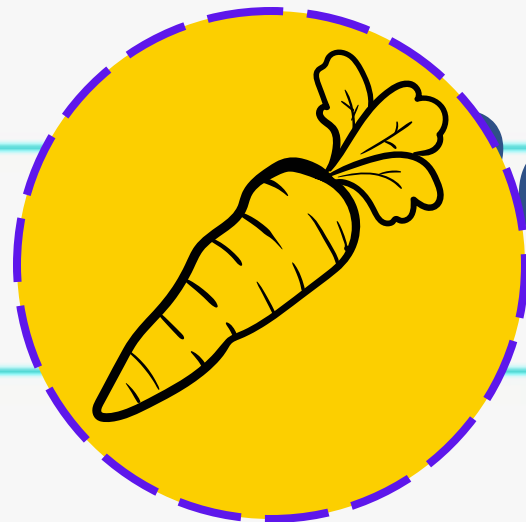
how do I prepare  
successful  
Communication?



THE



Proper Preperation Prevents Poor



OK, LET'S TALK ABOUT TALKING. AND  
THEN...LET'S TALK!



# OK, LET'S TALK ABOUT PREPARATION.

- Industry networking events or conferences



[Click Here for Video](#)



# OK, LET'S TALK ABOUT PREPARATION.

- Industry networking events or conferences
- Presentations

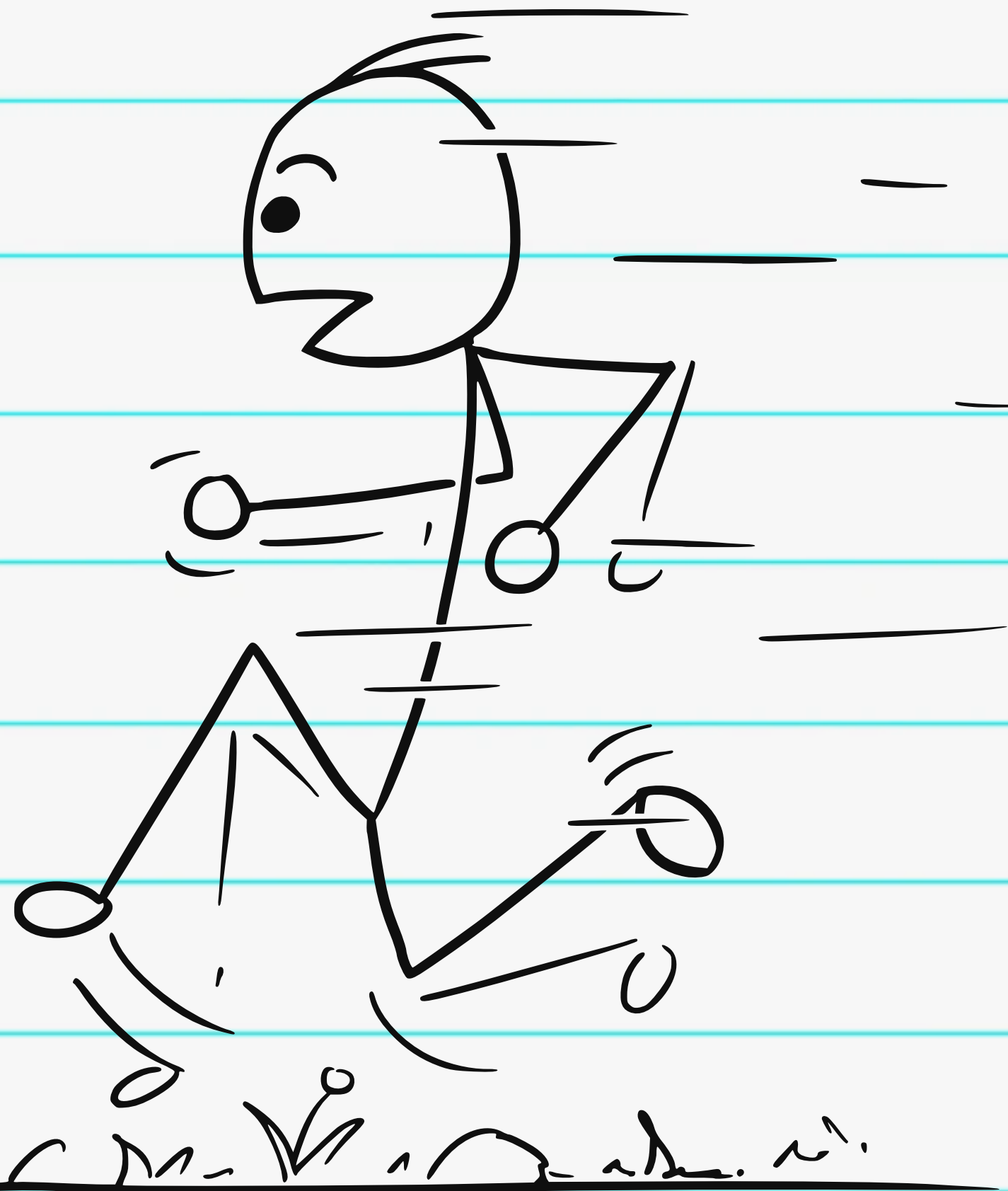
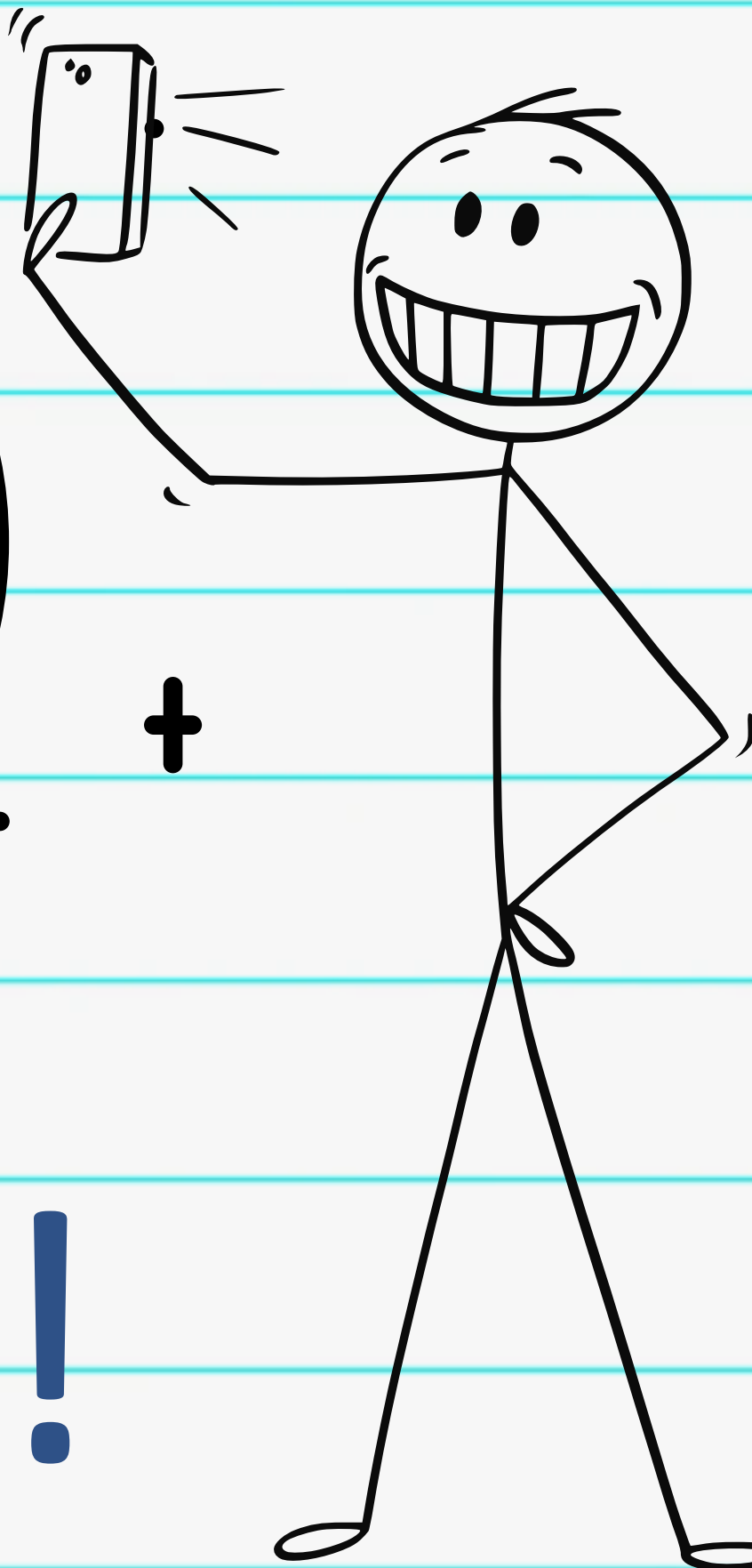
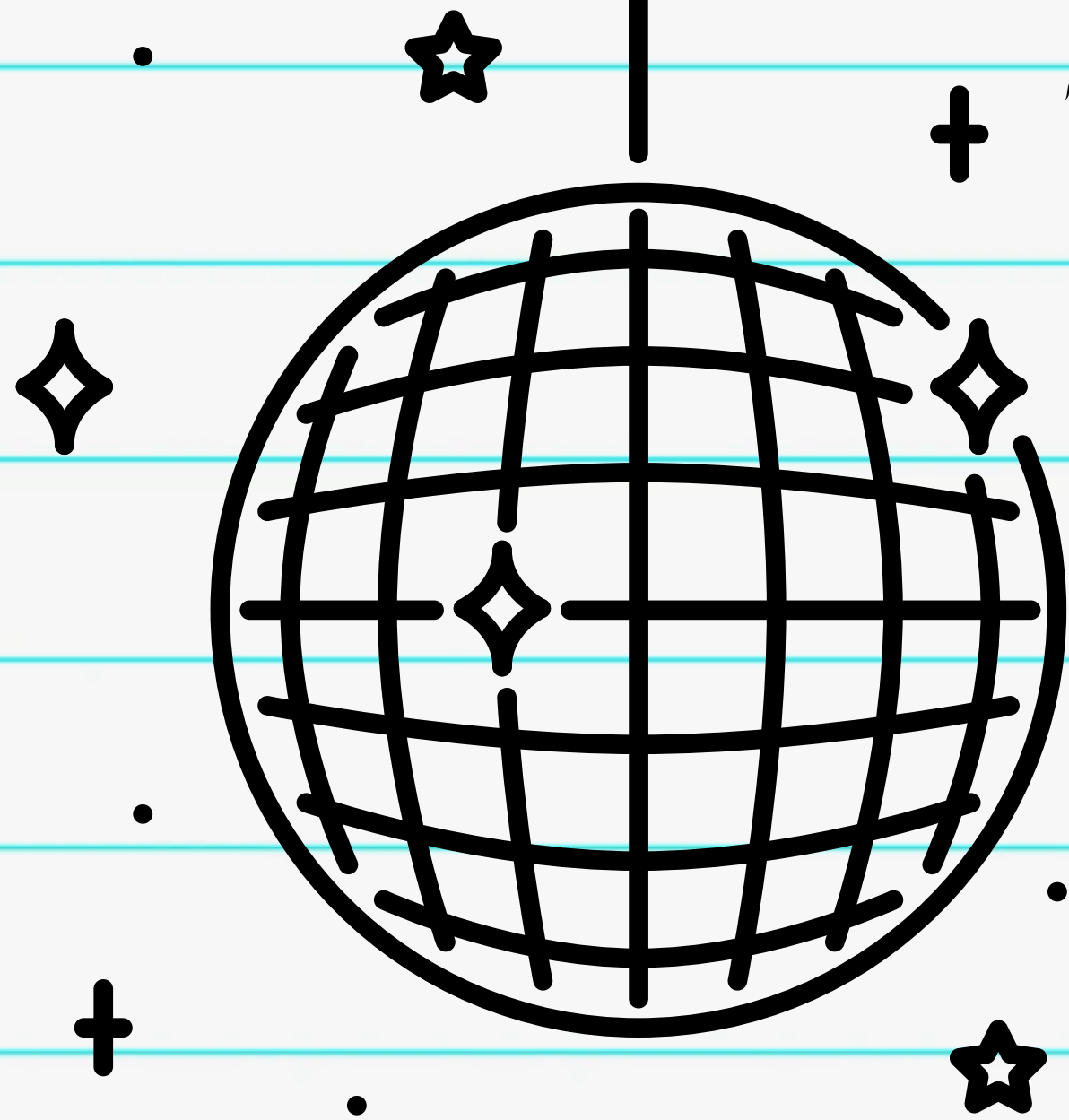
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# OK, LET'S TALK ABOUT PREPARATION.

- Industry networking events or conferences
- Presentation
- Responding to complaints



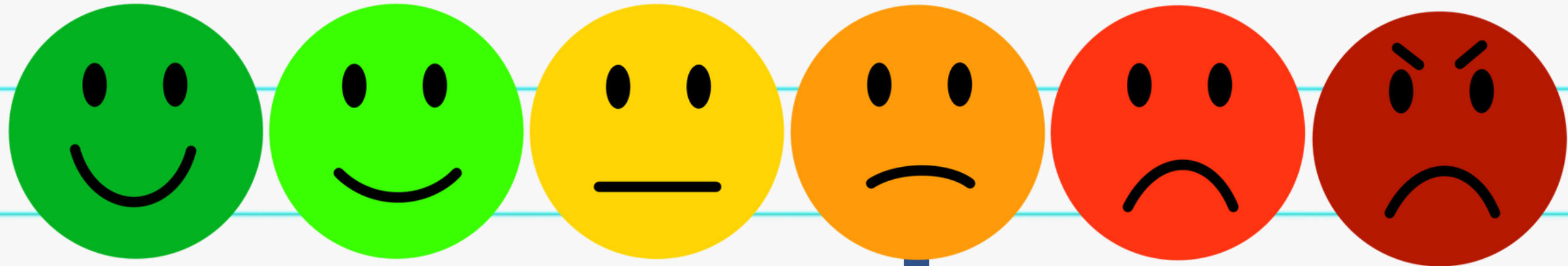


play it!

homewo

l

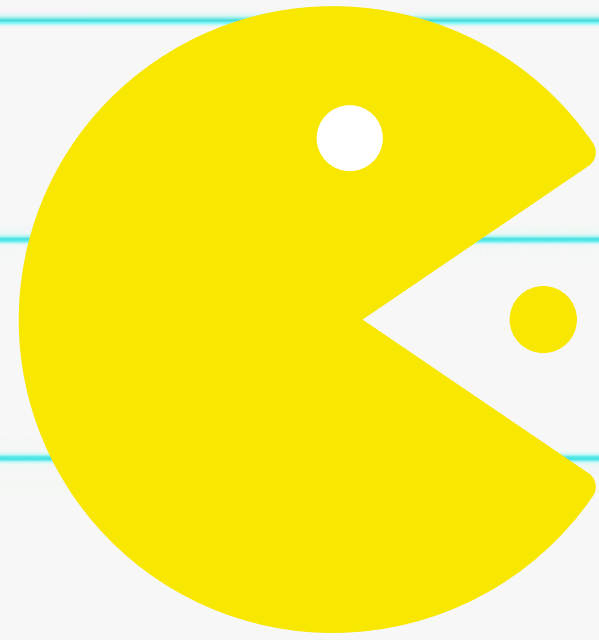
make a fear





# Fears

- Make a list of all of the situations that scare you



# Rate

- Make a list of all of the situations that
- ~~Rate each~~ ~~scare you~~ Rate each one of the fears from 1-10.



# ATTACK!

- Make a list of all of the situations that
- Rate each one of the fears  
scare you
- Attack one of these fears starting with  
from 1-10  
the easiest and graduate to the harder  
fears each week.

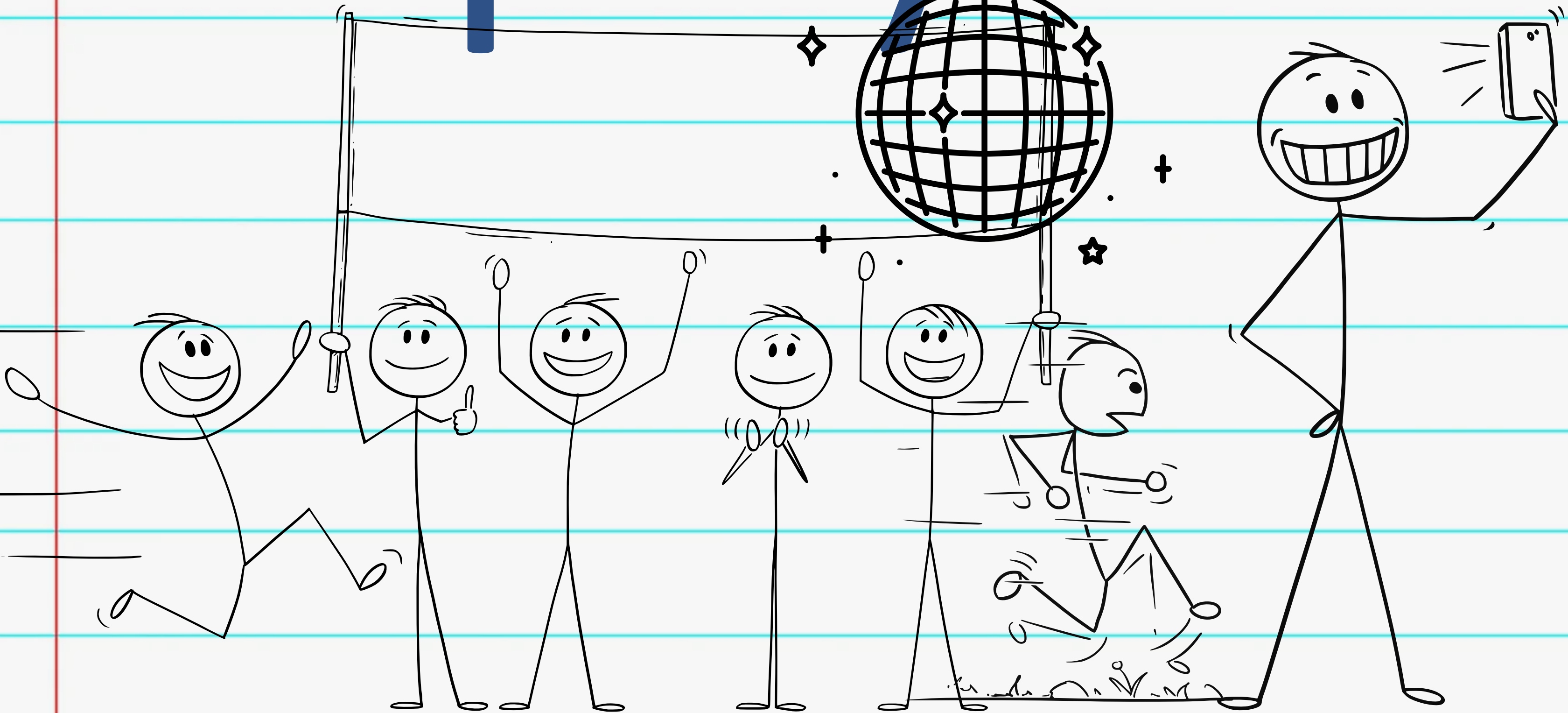
Thank You

for listening!

Any

Questions?

# play it!



Things to remember  
about me:

My Email:

Jennifer.Chester@crothall.com

www.NextJenTechMom.org

And

I'm Rooting for you to  
Win!!

