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How to be your own BS detector and stop: Downplaying your worth

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Abstract:

Janet Zaretsky is a master professional coach, author, and speaker that helps people unleash their brilliance, confidence, and visibility in the world. She has worked with over 32,000 people in the past 22+ years. She is a powerful advocate for ending the gender gap, both in pay and influence. Her work with women has led her to be a frequent contributor to Forbes and the author of “Where’d My Confidence Go and How Do I Get It Back?”. Known as the BS-to-Brilliance master, has a gift for having you unapologetically and confidently express yourself, and succeed! – as a unique and powerful professional, you are. She is a TEDX and Keynote Speaker, a corporate trainer and expert in communication and leadership, an International Coach Federation member, Enhanced Conversational Intelligence Coach, Certified in Behavioral Style Instruments, a graduate of Coach U, former senior program leader for Landmark Worldwide.

Biography:

Sometimes we can be our own worst enemies, right? All the doubts, the anxious wondering whether we’re doing a good enough job, always hoping no one finds out just how uncertain or insufficient we are. Hello, are we done yet?! It’s time to stop the BS! Learn the secrets to shedding the self-sabotaging thoughts and habits, unleash your inner powerhouse! This fun, empowering and highly interactive presentation includes (a) how to get past imposter syndrome or thinking you have to be perfect (b) the surprising culprit who’s been stealing your confidence (c) and what is really taken to get paid what you’re truly worth. Janet Zaretsky, the BS-to-Brilliance master, has a gift for having you unapologetically and confidently express yourself and succeed!