

Speak Up. Stand Out. Stay Well.

A practical masterclass for ambitious women

Yinka Adesina



Introduction



Yinka Adesina

Business Psychologist and
Career Coach

20 years in HR and front-line;
NHS, UK Parliament, Education.
400+ coaching and research.

Who this masterclass is for:

- ✔ Grow your career, overlooked and want more
- ✔ Navigating promotion, interviews, career change, networking or entrepreneurship.
- ✔ Introverted, ambivert, shy or quieter professionals
- ✔ Women who know their value but struggle to articulate this clearly
- ✔ Received vague feedback like “be more confident” or “communicate more clearly.”

You will leave with...

- 1 How to own your career narrative in professional situations
- 2 How to maintain boundaries to reduce the risk of jeopardizing well-being
- 3 How to steer your voice and communicate verbally and non-verbally in a way that conveys authority, clarity and confidence.

About You

- ❓ Where are you in your career?
- ❓ What would you like to get out of the masterclass?



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<https://app.sli.do/event/6XLG53VWUqnHdi84V6LNWa>

The Power of Using Your Voice



“When we speak, we are afraid our words will not be heard or welcomed.
But when we are silent, we are still afraid. So it is better to speak.”

Audre Lorde

Voice, Identity and Self-Permission



UNDERSTAND

Experiences, identities and values

ACCEPT

Thoughts and whole-self

ALIGN

Strengths, value and legacy

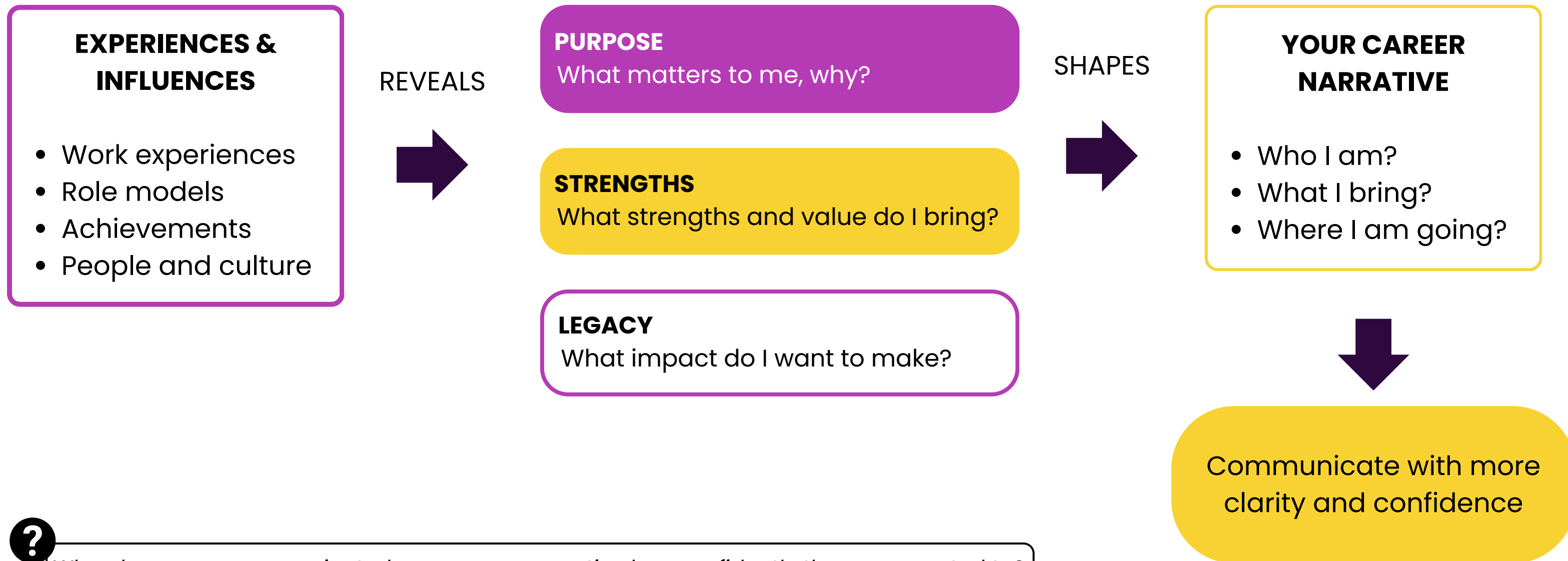
- ? What is shaping your inner voice?
- ? Awareness of thoughts while maintaining positive self-regard?
- ? Are your actions amplifying your purpose, strengths and values?



Owning Your Career Narrative

What does your story reveal?

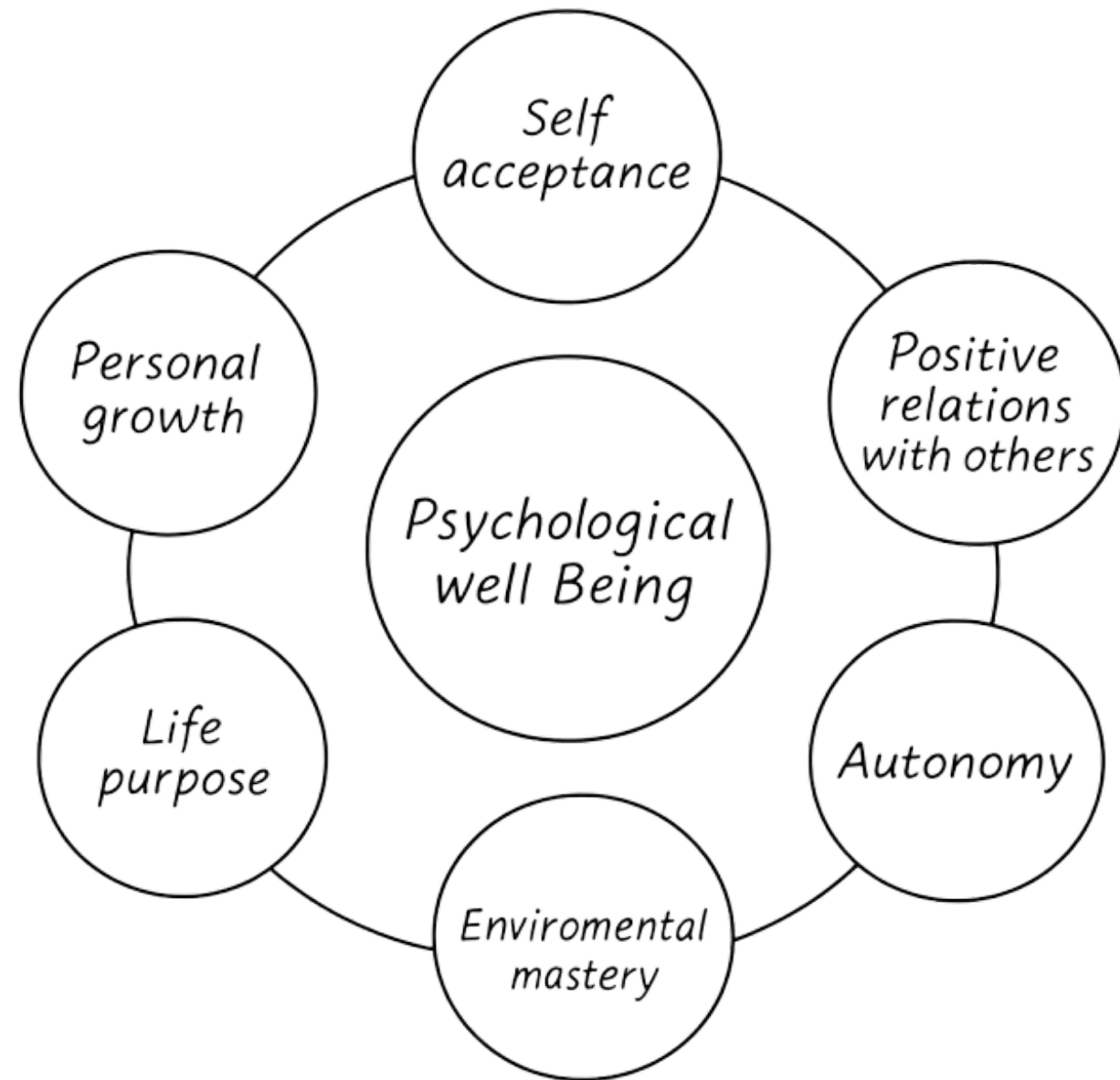
Adapted from Life-Design Counseling Manual, M. L. Savickas, 2015



?

When have you communicated your career narrative less confidently than you wanted to?

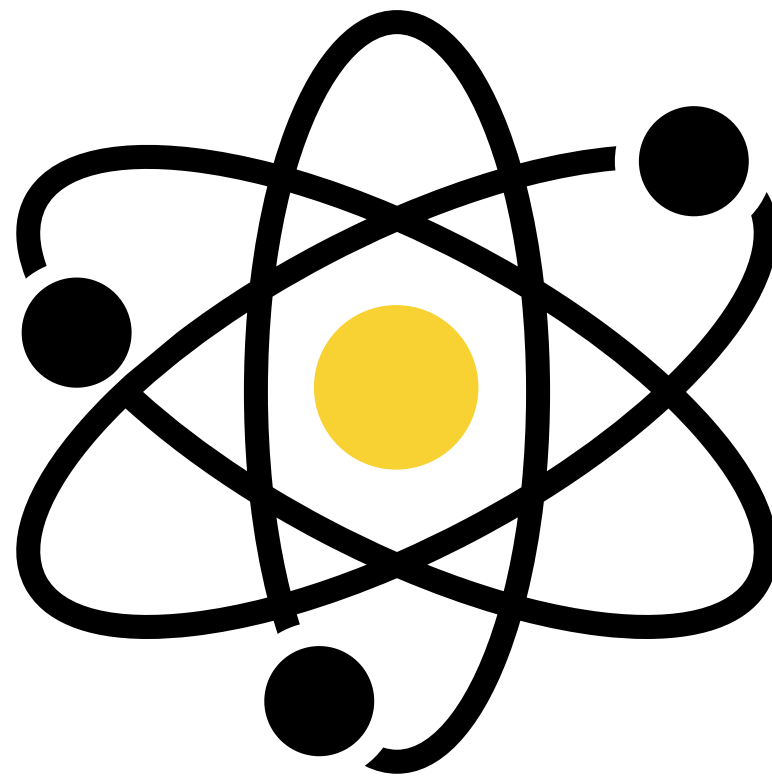
Psychological Well-Being



Ryff, C. D. (1989). *Happiness is everything, or is it? Explorations on the meaning of psychological well-being.* *Journal of Personality and Social Psychology*, 57(6), 1069–1081.

Connecting The Dots

Confidence
Beliefs and Thoughts

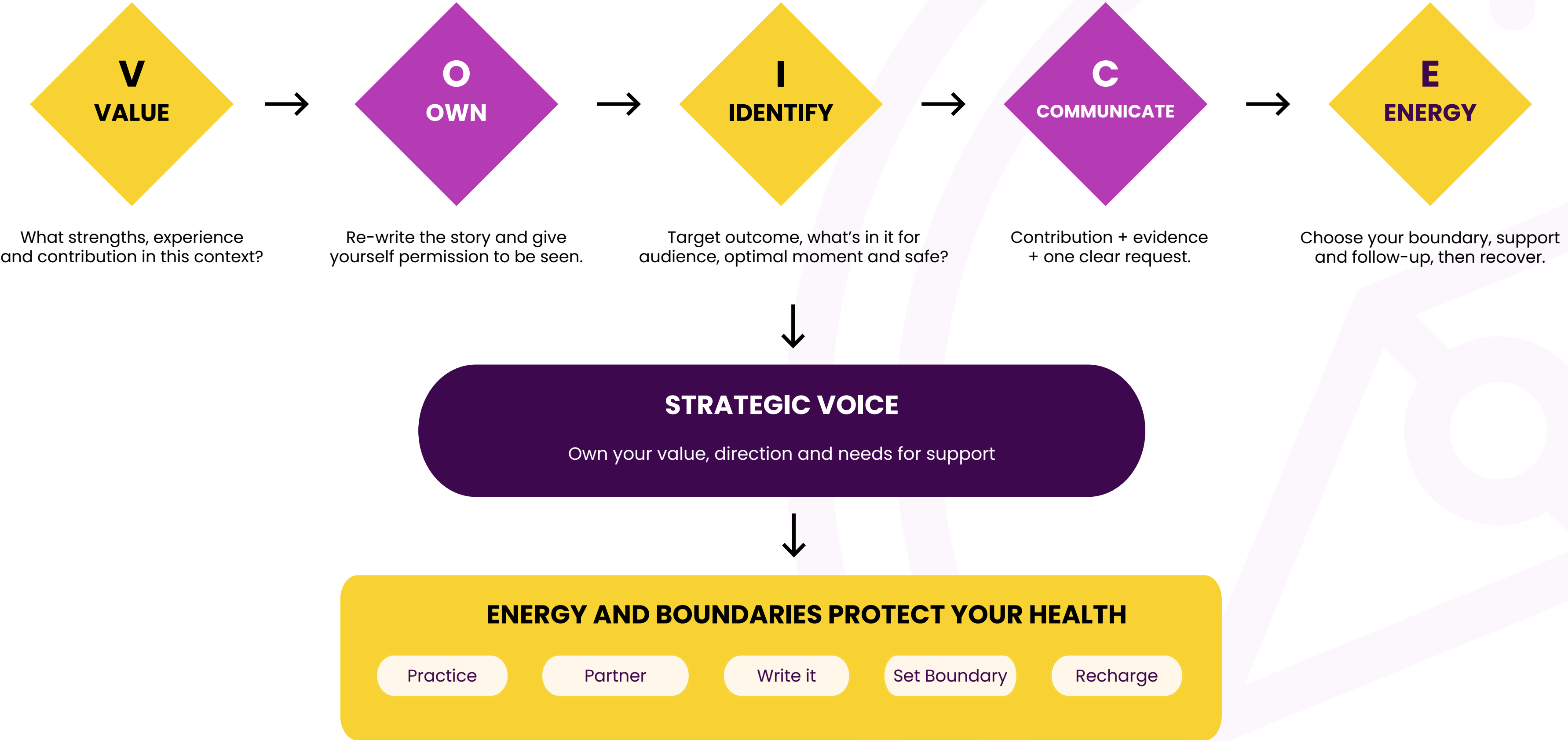


Identity
The stories we carry

Belonging
Psychological Safety and Culture

How you enter rooms

The VOICE Compass Model



What Can Get In The Way?

Imposter
Phenomenon

Perfectionism

Critical
Thoughts

Self-Sabotage

Inconsistent
Boundaries

?

Can you think of any others?

Visibility ~~=~~ Loud

Self Confidence + Consistent Voice

Conferences

Reaching Out

Social Media

Recruiters

Strategic Projects

Meetings

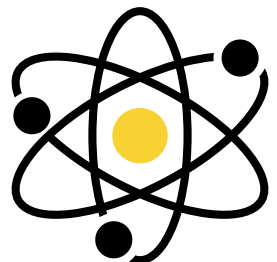
Managers

Mentoring

Make your value, direction and needs clear to
the right people.

What You've Learnt

- ✓ How to own your career narrative through understanding, acceptance and alignment of experiences, thoughts and actions
- ✓ How to maintain Well-being in connection with Voice, Identity and Belonging
- ✓ Voice and Confidence is about being seen and heard by the right people



Want Momentum?

Career Reconstruction Programme

8-week career and well-being coaching and support.

- Tailored Voice Compass feedback
- 4 x group sessions
- 2 x 1:1 sessions
- Buddying System
- Online Community

6 spaces starting August.

JOIN THE WAITLIST

Monthly Career Co-Working Hour

Monday, 3rd Aug:
18:00 - 19:00 - [Sign Up](#)

All said they would recommend the session to a friend or loved one.