

MIC DROP workFORCE

An intensive in-person training
for aspiring women leaders to
expand their professional
presence and communicate with
influence.

JESS EKSTROM





About

Overview: Mic Drop workFORCE is an intensive in-person training for aspiring women leaders to expand their professional presence and communicate with influence.

This workshop aims to empower women with the skills, confidence, and strategies necessary to effectively communicate their ideas, inspire their teams, and move people to action. By implementing the principles and utilizing the tools, female business leaders can make a lasting impact in their professional roles.

By participating in Amplifying Voices, students will:

- **Build Confidence:** Develop a strong sense of self-confidence and overcome the fear of public speaking.
- **Craft Engaging Presentations:** Learn to structure and deliver compelling content that resonates with the audience and motivates them to act.
- **Create Compelling Visual Aids:** Understand the effective use of visual aids, such as slides, props, and technology, to enhance presentations.
- **Manage Stage Fright:** Learn techniques to manage nervousness and channel it into positive energy.
- **Master Verbal and Nonverbal Communication:** Enhance vocal clarity, body language, and gestures to convey confidence and authority.
- **Handle Q&A Sessions:** Develop effective techniques for answering questions confidently and concisely.
- **Build Personal Brand for Leadership Success:** Use the best practices of personal branding to establish your thought leadership & credibility in your industry and/or function.
- **Cultivate Executive Presence:** Learn strategies to exude presence, command attention, and project leadership qualities.
- **Overcome Imposter Syndrome:** Address imposter syndrome challenges commonly faced by female leaders and develop strategies to overcome them.
- **Own Their Feminine Strengths:** Qualities traditionally considered feminine, such as empathy, collaboration and intuition have long gone unrecognized in workplace culture and have the opportunity to stand out at work.

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MODULE 1: How to Craft Engaging Presentations

Intro: Understanding the Power of Public Speaking: Importance of effective public speaking for female leaders

- Understanding Your Audience
- Setting Clear Objectives
- Structuring the Presentation
- Crafting Compelling Content
- Creating Visual Impact

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MODULE 2: How to deliver a presentation with impact

- Engaging Delivery Techniques
- Managing Time Effectively
- Addressing Audience Interaction & Handling Q & As
- Rehearsing and Fine-tuning
- Overcoming Nervousness and Building Confidence
- Tips for presenting on Zoom, Teams, Webex
- Evaluating and Improving Your Presentation Skills

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MODULE 3: Building Your Personal Brand for Leadership Success

- Introduction to Personal Branding
- Self-Reflection and Identifying Unique Qualities
- Defining Target Audience and Personal Mission Statement
- Crafting a Compelling Personal Narrative
- Consistency and Cohesion in Branding
- Building Your Thought Leadership and Expertise
- Managing Online Reputation and Presence
- Networking and Relationship Building
- Integrating Personal Brand into Public Speaking

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MODULE 4: How Females Can Show Authentically in Conference Rooms, Board Rooms, & Beyond

- Overcoming Imposter Syndrome
- Cultivating Executive Presence
- Persuasive Techniques and Influencing Others
- Diversity and Inclusion when Presenting Your Ideas
- Emotional Intelligence, Vulnerability and Empathy for Effective Communication

ABOUT YOUR COACHES

Jess Ekstrom
Forbes Top Rated Speaker and Founder of Mic Drop Workshop

Jess has been speaking at Fortune 500 companies for over 10 years. When she saw how few women were in speaking spots, she created Mic Drop Workshop to change that. She's passionate about helping women lean into their natural female leadership roles and amplify their voices to create meaningful change.



Dr. Kristine Sickels
Co-Founder C-Sweet & Former SVP, Newell Brands

Kristine comes from a successful corporate marketing career where she helped fuel the growth of household brands across the globe. She has presented her business & ideas to executives, Board of Directors, investor communities, & beyond. Kristine is passionate about empowering female leaders to expand their professional presence craft a professional brand for leadership success.



Format Options:

2- Day Training: Learn the tools & techniques

4-Day Training: Adds breakouts & presentations to put learnings into practice with a current business presentation participants are working on

RECOMMENDED CLASS SIZE: 30



Want to join us?

Email info@micdropworkshop.com
to schedule a workshop for your
organization.