

# EMILY JAENSON

## KEYNOTE SPEAKER

Six Behaviors to Increase Your Confidence TEDx with 3 million views  
Host of "Leadership is Female" Podcast, top 10% of podcasts consumed globally,  
Top 200 Podcasts in Business  
Former Triple-A Baseball GM, the first female in 20 years



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I help corporate leaders grow their confidence so that they can

🌐 <https://www.emilyjaenson.com>

lead more intentional, goal directed, fulfilled and happy lives.

## WORKSHOPS

### GOAL SETTING FOR YOUR BEST YEAR

Everyone knows they need to set goals but research shows only 20% of us do and roughly 70% fail to achieve the goals they have set for themselves.

But what collective impact would it have on your business if **each individual contributor set appropriate annual goals that would impact their life and their career?**

This workshop guides participants through a goal setting exercise that is equally **impactful and inspirational**. We are rudderless without goals; this program sets the course.

Do you enjoy **confidence training with a splash of motivation and an evergreen tool to walk away with?** If so, this is your workshop.

### FIND YOUR AUTHENTIC VOICE AND USE IT TO REACH YOUR GOALS

We all know we need to speak up; publicly, in meetings, at the next board meeting, and on our LinkedIn but where do we start, what do we say?

**For many leaders, managers, and team members, it can be very difficult use their voice.** It's become increasingly easier to stay quiet in the virtual world of work when you can **attend a meeting almost anonymously** through your computer. But is this really how we level up? By staying silent?

Emily will cover how to **define your authentic self, your voice, and give you the confidence to take the first steps in using it today to propel your career forward.**

This workshop is one you can **take back to your team** that's fun to implement, supportive, and motivates your team to support each other in using their voice and reaching their goals.

## KEYNOTES

### SIX BEHAVIORS TO INCREASE YOUR CONFIDENCE

Research tells us that the way to get people to change is not to start with trying to change their attitudes alone, but to start with the behaviors associated with those attitudes. **When people see themselves behaving differently, the attitude change will follow.**

Let's increase your CONFIDENCE. **You will leave this talk with the tools necessary to become a more confident person.**

Emily's **TEDx talk viewed by millions** has been updated and elaborated to make an impact on your business. More confident employees: experience less fear and anxiety, have increased motivation, have greater resilience, improved relationships with colleagues, and bring their authentic selves to work.

**We all have the opportunity to grow and change.** This talk that will increase confidence in your team today.

### FIVE INTENTIONS TO REBOOT YOUR MOTIVATION AND ACHIEVE YOUR GOALS

Being **intentional** means creating the habits and mindset to successfully reach your goals.

The problem is most of us abandon our intentions and allow our minds to wander and focus on lack.

In this presentation, **Emily speaks to leaders looking to sharpen their focus, acknowledge their advantages, and be more intentional with their day.** You'll demand this discipline of yourself and your teams.

Relatable insights include how to organize your day, how to set goals in your work in life that make you feel fulfilled and energized, how to create boundaries that serve you, and **how to increase your confidence.**

Be intentional about your life and **achieve your biggest dreams.**