



Grace Judson



Managing your Inner Critic: how to stop the rotten-tomato fight in your head

I never thought of myself as a leader.

But when I look back on my career and my life, it's all there. When I look at the many things I'm interested in and have studied, it all comes together in this thing called *leadership*. And when I look at where I serve my clients best, there it is: leadership.

I speak on real-world topics, presenting practical tools that attendees can use to change their professional and personal lives.

For 16 years, I held leadership positions in global organizations. In 2005, I realized I could have a more meaningful impact as an external consultant. Since then, it's been my mission to help leaders, teams, and individuals become masterful communicators.

I teach at local colleges and universities, speak for nonprofit and professional groups, and I wrote the manual on navigating politics in the workplace: *Office Politics: the elephant in the conference room*.

I'd love to come speak for your group or organization.

Your inner critic is holding you back. It's holding you back from doing what you deeply desire to do, and being who you truly are.

Waiting for it to be quiet and go away - well - it just doesn't work. You'll wait forever. And that would be *really sad*.

Instead, you can learn how to turn down the volume on the inner critic and take action toward what you most want.

In this session, participants will

- ◆ Learn the *one word* that stops the inner critic in its tracks
- ◆ Discover the neuroscientific facts that explain why it's so hard to shut the inner critic up
- ◆ Identify the characters in your crew of rotten tomatoes so you can gain perspective (and even a sense of humor!)

"Grace is not only a great speaker but does it with a sense of humor and ease. She presents information in an easy-to-understand format and is well versed in the subject matter. We only wish there had been more time for discussion. We will definitely have her back again!"

~ Michele Love, Marketing & Talent Development Manager, Benchmark Group, Rogers, Arkansas



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~ empowered leadership ~