January 17: Women's Leadership Forum
8:00am - 12:00pm | Ohio Union

**Think Fast, Talk Slow: The Art & Science of Successful Spontaneous Speech**

The skills and abilities needed when influencing others to achieve common goals is a continual learning process that changes and grows with each career advancement. Overlay gender trends, unintentional biases, and perceptions and we have an additional dynamic in the room that may hinder what needs to be prioritized, decided upon and actioned for any given team.

For over 20 years, Colleen Niese has worked with first time leaders, C-suite executives, and everybody in between on improving their ability to be heard in any given forum when conversing, presenting and reacting in the moment through the words they choose, non-verbal indicators and listening skills. This event will cover the following:

- Balancing emotion (how we feel about any given topic) with data (what we know based on fact) to quickly organize our thoughts into succinct messages.
- An examination of gender trends in the board room to decide for ourselves if any affect our self-talk and/or the view of others.
- Recognizing the common challenges that affect our ability to be present in any type of conversation (e.g., anxiety, distractions, "interrupters", etc.)

By the end of the session participants will have completed a personal action plan comprised of an individual's learnings, personalized best practices, and leadership commitments from the day; identify contextual goals that blend easily into daily leaderships practices further supporting changed behavior; and recognize and document their own challenges with options to mitigate in future conversations.

**Register at go.osu.edu/upcoming**

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