

KEYNOTE

Authenticity In The Big Moments ●

Finding the courage to 'BE YOU' when every instinct screams "HIDE!"

what

IT'S SIMPLE - BUT NOT EASY

"Being ourselves" in the big moments sounds easy, but we know it's not. We cross our fingers and hope that when the heart-pounding moment comes along (the chat with the boss, the pitch, an interview, meeting someone new - even sometimes raising our hands in the meeting!), we'll show up confidently and not be betrayed by our adrenaline-filled body or a racing mind full of unhelpful thoughts. Even the most "confident" of people sometimes feel like they need to "be someone else" to be taken seriously or to have a real impact.

There's a better way! Those high-stakes, big-time moments? They require us to show up fully, grounded in our authentic voice and being. Turns out - we don't need to "fake it until we make it." We don't need to feel like imposters. But we DO need to practice the art of #showingupanyway and risking through it all. Are you ready? (You are.)

In this insightful, empowering, and fun keynote, Sally will share stories and strategies to help you BE YOU in the biggest of moments (when we're most convinced we can't).

it's more than a keynote; it's an experience

interactive; responsive; personalized

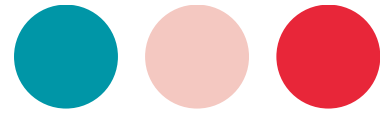
TAKEAWAYS

- Discover the thing that makes you you, so you can take intentional and authentic action
- Identify what's holding you back from your next big, transformative risk - and what to do about it
- Learn a simple 3-step framework to #showupanyway- to help you be more 'you' in the big moments, and stay grounded in your authentic spark.

sallyz.
BE MOVED TO SPEAK YOUR STORY

AWARD-WINNING SPEAKER &
SPEAKER COACH

sally zimney



"Sally Z" is an award-winning speaker & speaker coach whose mission is to create talks that move their audiences and the world.

After 20+ years of honing her craft (starting with speaking to teenagers!) - Sally coaches big-hearted entrepreneurs and change-makers of all stripes to step on "stage" and speak their story in a way that moves audiences - with authenticity, clarity and courage.

Sally has spoken in front of thousands of people - coached hundreds of speakers - and witnessed countless 'moving moments' in that powerful connection between speaker and audience. Sally is also the host of [This Moved Me](#), a top 2% podcast about the art of public speaking, sharing insight and inspiration so that our talks can move the world.

From the boardroom to the biggest of stages - Sally believes that when we share our authentic voice and story - big things can happen.

Trusted by leaders at:



VIACOM



THOMSON REUTERS

nickelodeon

Cargill



"Working with Sally was transformational."