

# Empower yourself to manage the fear.

A professional development action plan



**Talk the talk.** Strong verbal expression is consistently listed as a top skill required for most jobs. Seek a mentor, public speaking group, or coach to help you develop vocal confidence.



**Walk the walk.** Be a role model of leadership in your personal life in order to sharpen executive presence in your work life.



**Broaden your speech.** Use formal speech and language styles so that people of different cultures and generations will not only understand you, but select you to speak in front of others.



**Observe.** Pinpoint desirable traits of top industry leaders. Mirror these traits by exhibiting them in your personal life with friends and family.

