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August Newsletter

ElevateHER

Powerful Insights

ElevateHER has another outstanding share this month from our visit to the Women in Car Wash conference in Salt Lake City, Utah. We attended the Power Presentation Speaking Tips by Connie Lee Bennett.

Let's discuss the importance of powerful presentation speaking:

During the workshop, we reflected on two questions:

1 What does a confident person look like?

2 What would you like to come across?

*These questions sparked us to **evaluate what a confident speaker looks like and portrays.***

Did you know that **65%** have imposter syndrome?

OF PEOPLE

WOW, both women and men can experience imposter syndrome.

Imposter syndrome is a behavioral health phenomenon described as self-doubt of intellect, skills, or accomplishments among high-achieving individuals. These individuals cannot internalize their success and subsequently experience pervasive feelings of self-doubt, anxiety, depression, and/or apprehension of being exposed as a fraud in their work, despite verifiable and objective evidence of their success.

The women at the conference highlighted three reasons why people stumble during presentations:

Lack of confidence
Lack of belief in themselves
Low self-esteem (Knowledge, worthy)

When we lack confidence in public speaking, we have a subconscious trigger.

It could be anxiety of something, fear of something, frustration of something, etc....

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Prepare Your Toolbox

HOW? You can do this by having a variety of skills to use when you are speaking to a large group of people or having one-on-one discussions.

Reminders

- ☑ Asking questions
- ☑ Making eye contact
- ☑ Moving around to capture the audience (Asymmetry-Move around more relaxed)
- ☑ Good posture (Grounded - Standing gives more energy)
- ☑ Utilizing your hands to express yourself (Open-hand communication is a sign of trust)
- ☑ Most notably, own your space

Self Reflection Minute:

What is your deepest fear?

I have a fear that... (Where does this fear come from? Past incidents that trigger subconscious fears, putting you in Fight or Flight mode)

Work through those thoughts and determine if they come from a place of fear.

We heard a powerful quote:

"The more we know, the more we don't know."

One person does not have all the answers, but if we continuously share our knowledge and look for ways to overcome our obstacles with excellent communication and practice, we can be confident that we are bringing our best selves to all our presentations.

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Recognition Spotlight

Eleinne Pereyra

"Eleinne has impacted our team in multiple ways, but what stands out the most is her positivity and dedication to being great with the team and others. She gives 100 percent every day and inspires others to do the same. She is a breath of fresh air and a significant part of our team's success and family bond. Thank you for all you do and will continue to do."

-Ziaire Williams

General Manager of Waters Car Wash John Young

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Want to connect with us?
Email ElevateHER@summitwashholdings.com

We hope to take the valuable feedback and continuously advocate on bringing change to the women in a car wash.