

ASSERTIVE DOES NOT MEAN “BITCHY”

Assertive Communication is more than exhibiting Aggressive Behavior

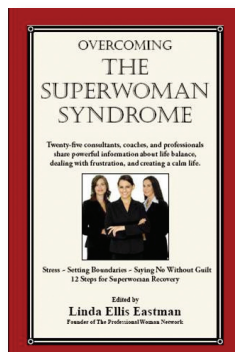


There are multitudes of ways to ensure being understood, including intentional wordplay, physical body language, positioning tactics and using the well-written word for electronic communications. The savviest of female professionals have perfected the art of assertive communication, negotiation and multi-tasking... without whispers behind the hand placing blame on Pre-Menstrual Syndrome!

- Aggressive vs. Assertive: Dispelling the Myths
- Behavior Overviews
- Power Phrasing: Get Heard & Be Understood
- Communication Workshop Exercises

OVERCOMING THE SUPERWOMAN SYNDROME

Harnessing the innate female ability to “Adapt, Overcome & Improve”

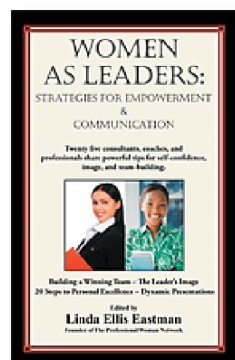


It's no secret that woman's natural instinct curses us with the habit of taking on too much. Whether mother, caregiver, employee, business owner, spouse and/or daughter, we have the exhausting habit of too often saying “Yes I can”.

This presentation comes with its very own “course material”, the international book release of same name that showcases a range of personal & professional growth topics including, but not limited to:

- Learning to Say “NO” ...[without changing your mind]
- Stress Management
- Taking OFF the Masks We Hide Behind
- Setting Boundaries, Not Limits

WOMEN AS LEADERS: VIRAL EMPOWERMENT



The myth that women are too emotional downplays the positive...Not only do women own the capability to use heightened intuition & sensitivity, both in and out of the board room, but they have the enabling power to build relationships, create trust, help others and appreciate when others help them. Learning how to navigate these instinctive traits can give every woman the edge to become the ultimate leader.

This presentation comes with its very own “course material”, the new international book release, “Women as Leaders”, that showcases a range of personal & professional growth topics including, but not limited to:

- Empowerment Strategies
- Building a Winning Team
- 20 Steps to Personal Excellence
- Communication & Negotiation Strategies

WHY SHE DOES IT BETTER

Business Tactics of the 21st Century Woman



Women have become this century's fastest growing demographic in roles like purchasing agent, homebuyer, business-owner and decision maker. Business acumen combined with instinct is a recipe for the powerhouse female leader of today. Workshop includes interviews and shared strategy from top level management and entrepreneurs.

- Crushing the Stereotype Myths
- Masters of Multi-tasking
- What She Said: Insight Interviews
- Organized Action Planning

About Sandy Spadaro



Spadaro's training workshops and published works in the fields of women's issues, empowerment and image and branding development have reached audiences through local and national publications. Consequently, she's been named one of South Jersey's Top Business Women by South Jersey Magazine, one of the 50 Best Women in Business by NJBIZ news magazine and has recently been honored by both the Burlington County Board of Freeholders and the Girls Scouts of America who both continually seek to provide women with powerful role models.