

BEING BOLD: HOW TO FIND YOUR VOICE AND SPEAK UP

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[Thriving Through Adversity Coaching](#)

WEST Event: May 4, 2026

Participant handout with clickable links:

Find your voice

- [Take more risks](#)
- [Be respected and Ask for an opportunity](#)
- Thanks for taking the time to talk about _____
- I have experience/interest in _____
- I'd like an opportunity to _____

Speak up

- [Be assertive and warm](#)
- [Reframe mistakes](#)
- [Celebrating wins](#)

Feel free to reach out with questions!

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