

## TALK SUMMARY

### **TITLE:** Getting Out of Your Own Way: How to Take Confident Action, Outside of Your Comfort Zone, to Get Results.

Fear, insecurity and self-doubt impact our desire to take action. In-action has a direct effect on personal performance and the results we generate for our companies.

**The TRUTH:** The details around you are not going to change, it's how you choose to navigate them that will. This workshop is designed for motivated professional women who are ready to do exactly what you know you have been avoiding, so you can achieve your goals and accelerate your careers.

**FACILITATOR:** Victoria Turner | [www.turnercoaching.com](http://www.turnercoaching.com)  
An expert at helping professional women to get out of their own way.

Executive Coach | Speaker | Facilitator



Do you find yourself avoiding the specific actions you know you need to take? Do you ever second guess yourself even though you know you are good at what you do? Are you ready to shut down your negative inner voice? Join Victoria Turner and find out how to reframe the thoughts that once kept you stuck into opportunities that propel you into action.

In this interactive session **you'll learn:**

- **How to take confident action** in the face of fear, self-doubt or insecurity.
- How to **choose empowering perspectives** that **entice you into action.**
- **Tools** that you can **start using immediately** to take action and get results.

This Talk is structured as a Framework making it relevant to a diverse audience no matter where you've been or what is on your horizon.

*"Victoria is a gifted speaker and motivator" S. McDonald*

*"Victoria's content is very succinct and actionable – she was able to motivate me to position my perceived obstacles as opportunities through her 'growth mindset approach'." J. Stephan*

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## Don't just take our word for it, here's what others have said...

### SURVEY FEEDBACK:

100% of the hundreds of participants have responded that Victoria's content was a worthwhile investment of their time.

#### Q: What are you taking away from today's session that will have a direct impact on furthering your career and/or results?

- Put a plan together for what I was avoiding.
- Being more self-aware and proactive.
- I will make detailed plans and write a timeline for all the goals I've set for myself.
- Re-focus on my values, will help guide my personal and career decisions.
- The values list exercise helped me see what was important to me and re-focus.
- Just do it and start with the first step!
- The being able to acknowledge my values. It was an insightful revelation that if my responses don't go against these values, I'm staying true to myself.
- Just take my steps needed considering my values.
- Holding myself accountable for moving forward. Looking to peers/other women for shared experiences.
- Confidence is the best action for you.
- Figuring out what is limiting me.
- "Why not me!" - I think I'm my own obstacle.
- Values. Going back to your own values and checking in.
- "Power Zone"

#### Q: Do you feel that this was a worthwhile investment of your time? If yes, why?

- Yes, there was definitely value in being able to call out what is holding me back.
- Yes, got me to ask some deep questions.
- Yes definitely!
- Absolutely, great to hear from peers.
- Yes, Victoria's delivery and presence made it engaging and rewarding.
- Yes, would have liked for the session to be longer.
- Yes, it definitely reminded me what I need to achieve to achieve some of my goals and have the courage to do it!
- Yes, it reinforces the importance of self-reflection (my values)
- Yes, always good to reflect.
- Yes! It was insightful.
- Yes, wish it could be longer!
- Yes, I was able to identify I wasn't alone in how I feel.

### DETAILS:

- 1.5 - 2 hour Talk/Workshop
- To book Victoria email: [victoria@turnercoaching.com](mailto:victoria@turnercoaching.com)