

Finding Your Voice Top Tips

Practice!

Practice speaking up in places where you feel safe and comfortable.

What do you love?

Think about the things you like, it's easier to talk about things that make us happy.

Good Friends

Surround yourself with people who make you feel good.

Be Kind to Yourself!

Say nice things to yourself to help you feel more confident.

Comfort Zone

Try speaking up even if it doesn't feel comfortable. The more you do it the easier it gets!

