

THINK CLEARLY, SPEAK WITH INFLUENCE



***Respect Your Judgement.
Find Your Voice.
Hold Your Ground.
Influence with Integrity.***

- Do you sometimes know exactly what you want to say, but lose access to the words when you are interrupted, challenged or put under pressure?
- Do you soften your position to remain likeable?
- Do you overexplain when someone questions your judgement?
- Do you replay conversations later, wishing you had responded differently?
- Do you hold back because you are afraid of sounding emotional, difficult or unprepared?

Many talented professionals hold back, not because they lack ideas, but because the pressure of speaking up sparks self-doubt, hesitation, or overwhelm.

Think Clearly, Speak with Influence is a practical one-day program that helps participants trust their judgement, stay grounded under pressure and respond to self-doubt, interruption and challenging power dynamics with clarity, integrity and authority.

Bring this program to your organisation, or join the waitlist for the next public program in your state.

A practical one-day workshop for Leaders, HR professionals, Emerging Leaders and others who need to remain clear, grounded and influential under pressure.



Kristyn Haywood
Facilitator & CEO

Kristyn Haywood is a senior leadership educator, executive coach, facilitator, researcher and keynote speaker with more than 20 years' experience developing leaders across Australia and internationally.

She has worked with executives, senior government leaders and managers across healthcare, corporate, government and community sectors, including ASX-listed organisations.

A former C-suite Human Resources Executive, Kristyn holds a Master of Business, Master of Research and Advanced Diploma in Human Resources, together with extensive coaching qualifications, including Master Practitioner and Trainer in NLP.

She has helped hundreds of leaders strengthen their confidence, executive presence and ability to communicate with clarity and influence.

+61 419 421332



kristyn@peopleforsuccess.com.au



www.peopleforsuccess.com.au



**PEOPLE FOR
SUCCESS**



PROGRAM OVERVIEW

Think Clearly, Speak with Influence helps participants understand what happens when their voice is challenged and gives them practical tools to respond with clarity, confidence and integrity.

Respect your Judgement

- Anchor communication in personal values and professional integrity
- Identify internal barriers including self-doubt, perfectionism and the inner critic
- Recognise external barriers such as interruption, dismissal, hierarchy and unequal airtime
- Understand how stress affects clear thinking under verbal pressure
- Use practical grounding techniques to remain calm and present
- Explore the double bind and the pressure to remain likeable at the expense of speaking with honesty and integrity.

Find your Voice

- Structure spontaneous responses clearly and concisely
- Express a point without overexplaining or apologising for it
- Respond to challenging questions, interruptions and emotional reactions
- Use personal strengths to build credibility, trust and connection
- Develop the confidence to contribute before every word feels perfect

Speak with Influence

- Apply the Pause, Acknowledge, Reframe, Redirect framework
- Challenge ideas and behaviour without becoming aggressive or defensive
- Use attentive listening without surrendering your position
- Strengthen messages through story, metaphor and analogy
- Practise realistic workplace scenarios with feedback
- Create a personal action plan for applying the skills at work



Think Clearly, Speak with Influence

01

Stay Grounded:

Manage pressure, regulate their response and think more clearly in difficult moments.

02

Speak with Clarity:

Organise ideas quickly, communicate concisely and contribute with greater confidence.

03

Influence with Integrity:

Challenge respectfully, hold your position and communicate to build trust & move conversations forward