

SPEAKING WITH CONFIDENCE





BALLS



B – breathe



A – authentic



L – listen



L – language



S – stop

A green road sign with the word "Goals" written in white, set against a blue sky with clouds. The sign is mounted on two wooden posts and is tilted slightly to the right. The word "Goals" is written in a large, bold, sans-serif font. The background is a bright blue sky with scattered white clouds.

Goals



G – get out of your own way



O – opportunity not obstacle



A – attitude



L – leverage



S – start

Carol Mitchell has been involved with public speaking from university through to being a Toastmaster of 12 years. She has spoken at and hosted workshops both nationally and internationally with a focus on building high performance teams, positive culture shifts and the art of motivational feedback. Carol is a Past Distinguished District Director of Toastmasters New Zealand and is currently the Programme Quality Director for District 72, New Zealand. Mentoring is a passion, especially when there is an opportunity to mentor those new to leadership roles and build their confidence. Carol manages the Legal Recoveries Team at ACC.



A wallet sized reminder to print and cut out or photograph for your phone.

Get out of your own way
Oppportunity not obstacle
Attitude
Leverage
Start

Breathe
Authentic
Listen
Language
Stop



GOVERNMENT
WOMEN'S NETWORK
TE AKA WĀHINE O AOTEAROA
WOMEN ACHIEVING THEIR POTENTIAL

