

SPEAKING WITH CONFIDENCE



Presented to The Government Women's Network by Carol Mitchell - 3 April 2019

A large, dense pile of colorful, marbled balls, likely Gilbert brand, filling the background. The balls feature various colors including pink, blue, green, yellow, red, and purple, with white marbling patterns. Many of the balls have the word "GILBERT" printed on them in black capital letters, along with small star symbols. The balls are piled together, creating a textured, three-dimensional effect.

BALLS



B – breathe



A – authentic



L – listen



L – language



S – stop

A green road sign with the word "Goals" in white, set against a blue sky with clouds. The sign is tilted and mounted on a wooden post.

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.



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

