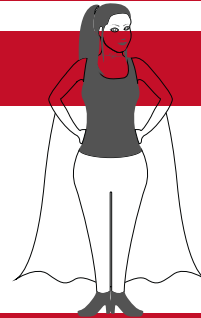


Checklist

"6 tips how to use PANDA to get yourself and others to the next level"

1. Be present & connect

- Look straight into the camera, help yourself with a post it reminder
- Stand or sit with an upright posture



2. Use the rule of 3

Structure your statements in three parts, e.g.

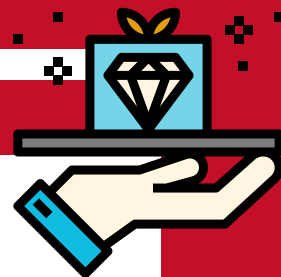
- Focus on three projects you have done
- Choose three points when you give feedback



3. Position yourself while adding value to the group

Talk about a project you have lead and highlight an aspect that could be beneficial to the others:

- "I lead the XY project for Bosch last year and we worked with a tool that might be helpful in our leadership challenge."



4. Share the spotlight

Leadership means being brave enough to present yourself in the spotlight. It also means sharing the spotlight.

- Use your chances today and tomorrow to speak up and then use your visibility to make quieter woman be heard & shine



Checklist

"6 tips how to use PANDA to get yourself and others to the next level"

5. Give give give

- Whenever you meet someone, ask yourself how you can help this person: recommend a podcast, a book, a contact?
- Become the person in the room who is known for having helped everyone!



6. Give feedback, get feedback

- Share praise and tips: tell someone, leave a note, write a LinkedIn recommendation
- Ask for feedback: "What was helpful to you and what can I change to make my contribution be even more helpful next time?"



"You never have to ask anyone permission to lead," Harris said to two young women at a rally in Iowa last year. "I want you to remember that, OK? When you want to lead, you lead"

Kamala Harris, US vice-president-elect
seen on <https://www.vogue.co.uk/arts-and-lifestyle/gallery/kamala-harris-best-quotes?image=5fa94e8ed228216d982ea74d>

Now it's your turn: apply my tips
and use PANDA to get yourself
and others to the next level!

YOURS BARBARA



questions, confetti, advice? www.barbarabosch.com - contact@barbarabosch.com

#SpeakAndSucceedOnline