



**“Expose Yourself:  
Being an Authentic Feminine Leader from any Stage”**

Ladies – the world is ready for YOU to step out as the feminine leader that you're meant to be: with your full power, presence and passion.

I believe the world is starving for feminine leadership. When a woman is in her true power and essence, she carries a presence that speaks volumes, even before a word is spoken. When she gives herself permission to shine and share her heart, and her brilliance, everyone grows. However, when a woman holds herself back or denies her true essence, she holds everyone back.

We are at the forefront of an amazing time of transformation and you and I are both trailblazers and role models. We are leading the way as we are discovering it. This is an exciting time and one to be taken to heart: our role is needed, and the inner work and outer expression must be in sync.

**Here are some tips to consider and some keys to take with you on this exciting adventure as you continue to step into who you are as an Amazing Woman and a Feminine Leader:**

**#1:** After over 20 years specializing in these areas, I believe that leadership is at its core about *“how you show up and the impact you have on yourself and others.”*

- **The key is to do the inner work and to be open to feedback.**

**#2:** Every opportunity you have to share your voice and your message, to interact one on one or one to many is your 'stage'. This holds true whether you're on the platform, in a boardroom, on a sales conversation, with your team or at a networking event. With every video you shoot, teleclass or webinar you hold, guest appearance or main attraction, you are 'on a stage'.

- **The key is to know how to demonstrate your leadership and strength, and preserve your femininity.**

**#3:** Your presence matters. You are constantly communicating how you feel about yourself and others in verbal and non-verbal ways, often unconsciously. It shows up in what you say, how you listen, the eye contact you hold and the depth to which you connect with others

- **The key is to know what you are communicating and what unconscious blocks and beliefs are being revealed 'out loud'.**

**#4:** It's all about the experience of YOU. On any stage, and in any situation, you are creating an experience. You must become conscious of that to have the impact and influence you intend.

- The key is to stay connected to what's in it for your audience and to do your inner work and practice the art and skill of conscious communication. It's the delicate balance between being conscious but not self-conscious. It is trusting the greater purpose and still knowing that you are responsible for how you show up.  
This is the master key to everything.

**Here are some questions to help you deepen and expand your capacity to 'own' the stage (any stage) and still stay feminine:**

- **Presence:** how present are you when you are speaking with one or many?
  - o The key is in the preparation. The only way to be 'in the flow' and available for the 'downloads' is to do your prep work, be clear and confident, and then put the script down and be present.
- **Connection:** how willing are you to connect with others and create intimacy?
  - o The key is the inner work and make peace with your 'inner demons' and limiting beliefs that hold you back. The access is eye contact and being willing to be intimate.
- **Expose yourself:** how 'naked' are you willing to be and allow others to see you?
  - o The key is to know how to convey, integrate and embody your brilliance and your heart, to be an expert and to be vulnerable. To know what to share and when, and what not to share and when it's not quite time to share it, yet...
  - o You have to know how to share your story and expose yourself, and to make it relevant to any audience so it makes a difference for them, and compels them to take action.
- **What holds you back and what is the cost:** what are the ways that you hold yourself back, self sabotage or deny your truth? What is the impact and to what 'expense' for you, others, your business, your mission and work in the world?

For more juicy tips and to download our free gift to you: "How to speak about your brilliance and share your story", please visit us at: [www.traceytrottenberg.com](http://www.traceytrottenberg.com) and [www.getyourtalkdone.com](http://www.getyourtalkdone.com)

## **About Tracey Trottenberg:**

If you've ever seen Tracey speak from a stage, you know what effective communication, delivered from a place of authentic feminine power, looks and sounds like.

Transformational Speaker-Trainer, Conscious Communication & Feminine Leadership Expert, Tracey has more than twenty years experience in the corporate arena and as an entrepreneur. She has spoken to, trained and coached tens of thousands of individuals, teams, entrepreneurs and corporate leaders in the US, Canada and the Caribbean.

She specializes in guiding women in business to access the source of their true feminine power, passion and purpose; to share their message and establish their presence from any platform - whether in a boardroom, out networking, dealing with their staff or speaking from the main stage – in a way that demonstrates their leadership and preserves their femininity. She has dedicated her life to helping women find their "Feminine Leadership Sweetspot™", a model she teaches women as a speaker, trainer, facilitator and coach.

Tracey has delivered her message from conferences to industry events, international boardrooms to platform stages. Inspiring, enlightening and relevant, the style of presentation, self-expression and leadership she teaches causes immediate transformation: her message generates trust, participation and moves her audiences into focused action.

Award-winning advertiser, she is the show host of "Expose Yourself: How to Lead and Stay Feminine" on the WIN, the Founder of Amazing Women International, an organization that creates and showcases a community of Feminine Leaders, the creator and host of "Own, Honor & Unleash" Live Events and author of the upcoming book: "Are you Woman Enough To Lead: The 7 Strategies to tap into your Sweetspot, Unleash your Passion and Be the Feminine Powerhouse You're Meant to Be." Tracey has shared the stage with Marianne Williamson, Les Brown, Lisa Nichols and many others, and has appeared in The Wall Street Journal, Huffington Post and other media.