

SPEAK WHAT YOU MEAN:

A Courageous Communication Toolkit for
Women Leaders



CREATED BY LINDA |
LEGACY-DRIVEN
VISIONARY LEADERSHIP

Your voice is not just powerful
it's legacy-building.



WHY CONFIDENT WOMEN STILL FEEL SILENCED

You've mastered the art of speaking. But what about the art of meaning?

A stylized pink leaf graphic with several leaves on a thin stem, positioned to the left of the central text.

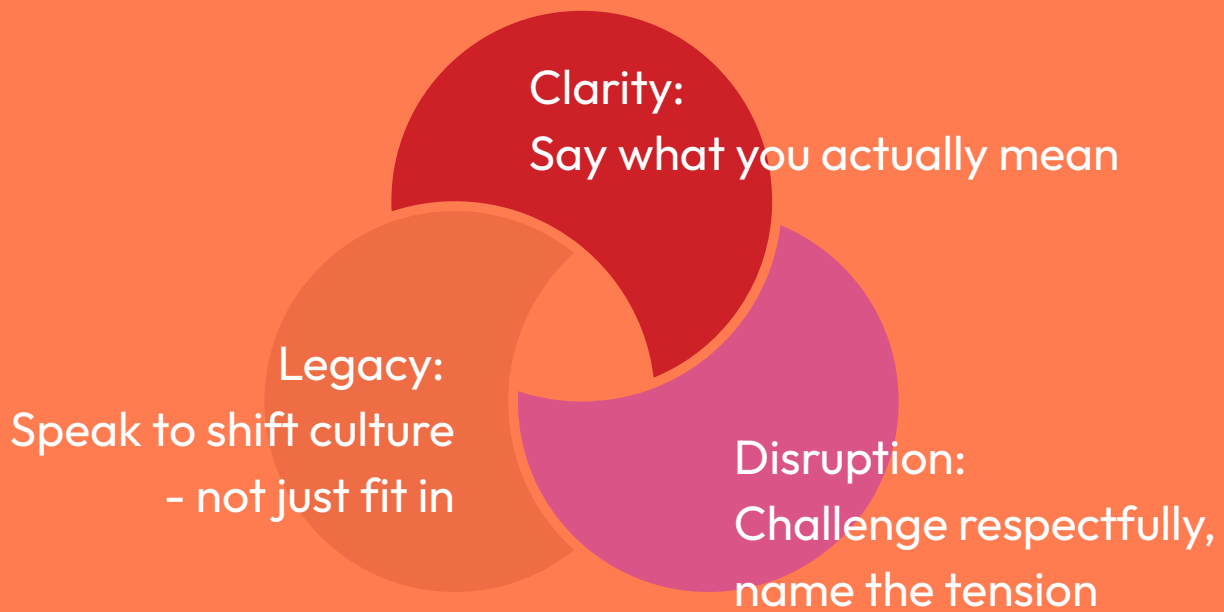
WHAT WOULD SHIFT IF
YOU SPOKE FROM
AUTHORSHIP - NOT
APPROVAL?

This guide is for women who are done performing and ready to lead with truth. We're not here to be palatable. We're here to be powerful.



WHAT IS COURAGEOUS COMMUNICATION?

IT'S NOT ABOUT BEING LOUDER.
IT'S ABOUT BEING REAL.



Courageous communication isn't
reckless - it's rooted. It's the voice
of someone who knows what they
stand for.

DEEP REFLECTION EXERCISE: WHAT'S YOUR REAL MESSAGE?

THINK OF A MOMENT WHEN YOU
FILTERED YOUR TRUTH.

- WHAT DID YOU WANT TO SAY?
- WHAT STOPPED YOU?
- WHAT WOULD COURAGEOUS
COMMUNICATION HAVE LOOKED LIKE?

Stand.

Speak the filtered version aloud.

Now speak the real version.

Notice the shift in breath, posture,
energy.

FROM SCRIPTED TO UNSCRIPTED

“WHERE ARE YOU STILL
PERFORMING?
WHAT WOULD AUTHORSHIP
SOUND LIKE INSTEAD?”



Before vs After Grid:		
Situation	Scripted Response	Courageous Response
Panel Question ▾	“We’re working hard on inclusion.”	“We’ve made progress, but here’s where we’re still falling short.”
Team Conflict ▾	“Let’s stay professional.”	“There’s tension here—let’s name it and move forward.”
Keynote Moment ▾	“I’m honoured to be here.”	“This moment matters to me because...”
Media Interview ▾	“I’m proud of our work.”	“I’m proud—and I’m also watching for what we’re missing.”

YOUR COURAGE TOOLKIT

TOOLS TO SPEAK WHAT YOU MEAN



🗺️ MESSAGE MAP:
ANCHOR YOUR TALK IN WHAT MATTERS, NOT WHAT'S
EXPECTED

🗣️ DISRUPTION SCRIPT:
PRACTICE NAMING TENSION WITH CLARITY

📋 MIRROR MOMENT:
SAY IT ALOUD - THEN STRIP THE JARGON

🌀 MOVEMENT RESET:
USE BREATH + POSTURE TO UNLOCK PRESENCE

🔥 LEGACY LENS: ASK:
“WILL THIS MESSAGE BUILD THE FUTURE I BELIEVE IN?”

THE LEGACY VOICE FRAMEWORK

From Visibility to Legacy

LEGACY

– YOU SHIFT CULTURE

AUTHORSHIP

– YOU SPEAK FROM TRUTH

POWER

– YOU CHALLENGE NORMS

PRESENCE

– YOU FEEL GROUNDED

POLISH

– YOU SOUND GOOD

“WHERE
ARE YOU
ON THIS
STAIRCASE
AND
WHAT’S
YOUR NEXT
STEP?”



READY TO GO DEEPER?
LET'S BUILD YOUR LEGACY VOICE

GO TO MY WEBSITE TO DOWNLOAD THE
FULL COURAGEOUS COMMUNICATION
WORKBOOK



CONTACT US

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