

# Speak Up & Be Heard: How to Speak Up at Work Without Fear of Being Judged



**Mary Cheyne**

Professional Speaker  
and Coach

**September 22, 2022**

12:00 - 1:00 PM

Zoom

Join us to:

- Bypass your inner critic & speak up without judging yourself
- Speak with confidence and share your talents
- Advocate for what you want in your career

For more information, please visit:

<https://www.westorg.org/2022-09-22-public-speaking-workshop>