

SPEAK UP, SISTER™

PROFESSIONAL SERVICES
for women in technical industries



**My voice matters. I matter. Now I have
a system to boost my confidence
and amplify my voice...
anytime, anywhere, with anyone.**





Services Menu

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Keynotes & Workshops



Catalyze Your Confidence

Most
Popular!



Speak Like a Boss - Workshop Series



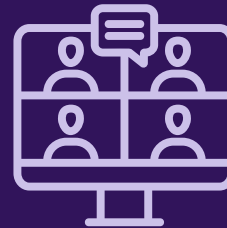
Work Your Network



Explode Growth Mindset



Book Club Book Ends Event



Available for audiences of any size -
Virtual or In-Person.

Coaching

WWW.JAMIECKINNEY.COM

3 Pillars of Leadership COACHING PROGRAM

STRENGTHEN SELF

Optimizing YOUR Gifts
and Strengths

Growth Mindset Mastery

Call Your Shot
(Goal Setting)

COMMUNICATE POWERFULLY

Enhanced and Effective
Interactions

Mentors, Allies and
Champions

Secrets Powerful Biz
Women Know

LEVEL UP CAREER PATH

Assertive v Aggressive

Ask for What You Want,
Boundaries

Visibility, Think Boldly,
Act Big



Through this professional development program women are empowered with professional skills, the essential compliment to technical skills, for optimized performance.

Through a journey of guided mastery, participants are galvanized to learn, practice, and uplevel skills in three key areas, or pillars, as you see above.

JamieMcKinney.com

Coaching Program Statistics

Follow up survey data points:

- Average confidence levels increase by 26%.
- 100% of survey participants recommend this course for other high potential and emerging women leaders.
- Over 80% of participants who set a goal to earn a promotion, earn the promotion within three months to a year.
- Tools most commonly reported for continued success include:
 - MAC Team
 - SAMTARP Goal Setting
 - Flip Your Narrative and PQ Scores
 - 4 Interaction Styles
- 113 women are projected to have graduated from the 3 Pillars of Leadership Program by Q3 2023.
- 95% of participants originate from repeat corporate clients.

What Graduates Had to Say...



"The tools learned during this program have completely changed my life. I leave meetings feeling satisfied and empowered. Instead of taking things personally, I take them "powerfully." I also learned to speak up. I have a valuable point of view and it is important to share. Over the past months I've seen this change in myself and it's amazing how others around me have seen it too, like my boss and co-workers.

-Sarah Baldwin, Senior Analyst



"I am more self-aware, have more self-respect and more self-confidence. I am more present when I interact with others. There is more flow and life is easier! I am happier both during and outside of work!"

-Els Bleus, Head of Products & Systems

What Graduates Had to Say...



"My professional life looks different after the program. During these 12 weeks, I've been able to utilize tools to empower myself to be more confident. I communicate with more focus on my growth and development, as well as others. I've been recognized by others on the improvement in my response to different situations and how I'm able to change the narrative to achieve a specific outcome."

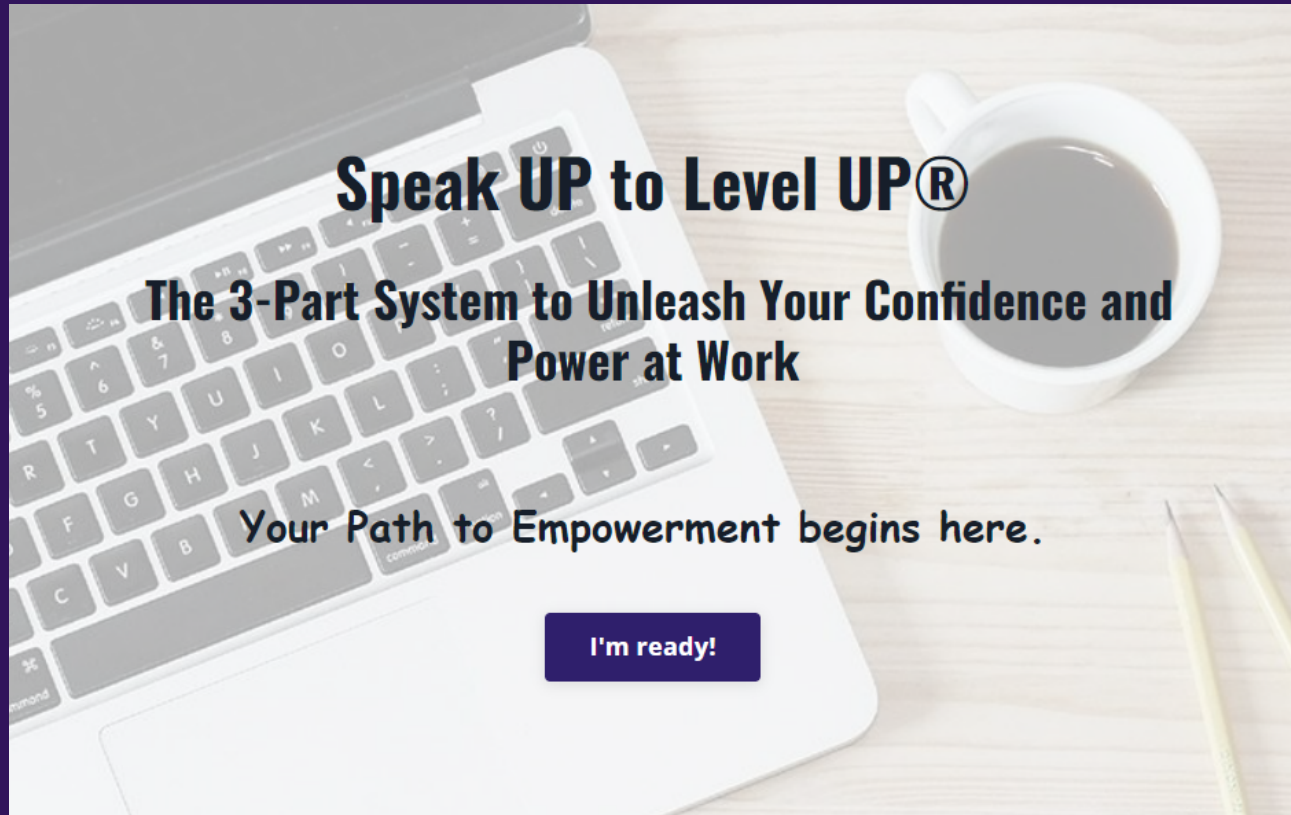
-Brianne Bass, Health & Safety Leader



"I loved how the actions for impact fit into my daily work. There was not extra "busy work" or just paper exercises, but rather small tweaks/adjustments that I could make in my routine work that made a big impact. I also loved the camaraderie among our cohort. Being able to talk to other women that are experiencing the same thing that I am was fantastic! I'm excited that my cohort group will continue to meet after the program is over!"

-Katlyn Tolliver, EHS Specialist

Online Course



The only online course of its kind to teach the exact skills women professionals need to lead with a confident mindset, speak with an empowered voice and show up with executive presence and a sense of belonging.

What's Inside Speak UP to Level UP®

Module 01

Setting Up For Success

Module 02

Think with Confidence - Flex Your Confidence Muscle

Module 03

Speak with Confidence - Voice Lessons

Module 04

Show up with Confidence - Executive Presence

Module 05

Shero Success Stories

Module 06

The Shero-hood Grows With You!

www.JamieMcKinney.com/enroll



One of the course's assignments is to create a Power Statement. The women shown here are proudly displaying the "I am" phrases they committed to lead with everyday.

Candid Comments

"I never knew how to answer my manager when he asked, 'Where do you want to take your career?' Now I have an answer as well as ideas for how to get there!"

"I am a warrior!"

"I trust myself to make decisions and speak up."

"I'm happier at work and at home."

"I learned to trade my self-doubt for self-doing. I have turned around the negative thoughts that consumed me."

"I got the promotion!"

"I have a solid MAC Team and building it was much easier than I thought. They were happy to help when I reached out."

"The Power of the Pause. I use it everyday."

"I turned an "enemy" into an ally."

"My mindset has evolved, my language is more succinct, and others have noticed the changes in my confidence and leadership style."



PARTIAL CLIENT PORTFOLIO



Google Cloud



CIVITAS



OREGON
TOOL



HASELDEN
CONSTRUCTION



CAMPOS | EPC



Schlumberger



Charter
COMMUNICATIONS

ABOUT YOUR COACH AND FACILITATOR

Jamie Dandar McKinney, MBA, is a certified coach and the best-selling author of *Speak Up, Sister! The Professional Woman's Guide to Confidence and Success*.

Recognized as a Top Woman in Energy, Jamie jokes that her stilettos have steel toes.

Differentiator: This is the only program of its kind built for women by a woman who spent 20+ years working in heavily male-dominated industries. Using psychology and neuroscience-based research, participants don't just listen and reflect, but rather take action and push beyond comfort zones. The support and encouragement of fellow cohort members and a dedicated coach is world class.



Jamie McKinney, MBA
Certified Coach
Best-Selling Author





Let's Connect!
Call or Email to Explore Options.

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I believe in myself. I know my strengths. I own my worth
and I now feel my confidence building as I speak up!