

COMMUNICATE **WITH CONFIDENCE**

5 LESSONS I LEARNED FROM GIRAFFES





MICHELLE BROWN

Founder & CEO Brown Vox Media

I've always had an affinity for giraffes. I guess you could say, we're kindred spirits. As a nearly 6 feet tall woman of color, I can identify with their uniqueness and sense of sticking out. But I've also found that this majestic creature can teach women of color valuable lessons about how to communicate with confidence in our daily lives. Just as the giraffe uses its height to survey its surroundings and spot opportunities and threats, we too can use these strategies to enhance our communication skills and project confidence. Enjoy!

Michelle



01

EMBRACE YOUR UNIQUENESS

The giraffe's unique appearance sets it apart from other animals in the savanna. In communication, embracing our own uniqueness and authenticity can help us stand out and make a lasting impression. By being true to ourselves and our values, we can communicate with confidence and integrity, leaving a positive impact on those around us. **Are you embracing what sets you apart?**

02

BEWARE OF PITFALLS

The giraffe's height gives it a distinct advantage in spotting danger from afar. In communication, being aware of potential pitfalls or misunderstandings can help us navigate conversations more effectively. By being prepared and thoughtful in our communication, we can anticipate challenges and address them with confidence. **How are you preparing to avoid potential pitfalls?**

03

MAINTAIN YOUR COMPOSURE

Another important lesson from the giraffe is its calm and composed demeanor. Despite its towering height, the giraffe is known for its gentle nature. In communication, maintaining a sense of calmness and composure can help us appear more confident and in control, even in challenging situations. By staying grounded and collected, we can convey our message with clarity and conviction. **Are you staying calm even in challenging situations?**

04



CONSIDER DIFFERENT VIEWPOINTS

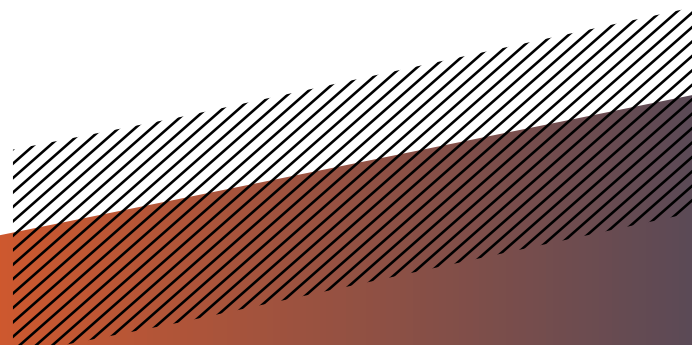
The giraffe's long neck also symbolizes the importance of perspective. In communication, it's crucial to consider different viewpoints and be open to new ideas. By being willing to listen and learn from others, we can expand our own perspectives and enhance our communication skills. Just as the giraffe uses its height to gain a broader view of its surroundings, we too can benefit from taking a step back and seeing the bigger picture.

Are you considering other people's point of view?

05

STICK YOUR NECK OUT AND CONNECT

Like the giraffe's long neck, our words should reach out and connect with our audience. When communicating, whether in a professional setting or in our personal lives, it's important to speak clearly and concisely, making sure our message is understood. Just as the giraffe's neck is a symbol of its uniqueness and strength, our words should reflect our own unique perspectives and convictions. **Are you sticking your neck out with your words and connecting with your audience?**



CONTACT ME AT

michelle@brownvoxmedia.com

TO LEARN MORE

BOSS UP YOUR VOICE!

The giraffe's graceful presence and unique characteristics can teach women of color valuable lessons about communicating with confidence. Brown Vox Media will help you tap into your potential, tell your truth, and transform your presence.