



Taking the Stage: How Women Can Speak Up, Stand Out, and Succeed

By Judith Humphrey

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Taking the Stage: How Women Can Speak Up, Stand Out, and Succeed By Judith Humphrey

Many women today wonder: what will it take to get that seat at the boardroom table? Earn that coveted promotion? Or simply have their voices heard? *Taking the Stage* provides a comprehensive, proven approach that enables women to come forward into the spotlight and speak up, stand out, and succeed.

Based on a program from the Humphrey Group that has been delivered to over 400,000 women worldwide, *Taking the Stage* shows women—no matter their age, rank, or profession—how to communicate with courage and confidence in every situation, from formal speeches to brief hallway conversations. Judith Humphrey provides the inspiration and practical advice for women to “take the stage” mentally, verbally, vocally, and physically. Women can make the most of every opportunity by understanding how best to:

- Speak up confidently, even when others don’t agree;
- Convey their accomplishments without self-doubt;
- Be assertive but not aggressive;
- Deliver clear and convincing messages;
- Move beyond “minimizing” language and apology;
- Find their own powerful and authentic voice;
- Achieve confident body language and a leadership presence.

By applying these techniques and others to every communication—whether making a presentation, speaking at meetings, conducting an elevator conversation, or selling themselves in job interviews—women will be recognized as the leaders they are and attain positions of influence.

For women at all stages of their career, and for managers and executives committed to supporting and guiding women on their leadership journeys, *Taking the Stage* is the practical, broad-based solution that will allow women to speak up confidently, gain respect, earn the promotions they deserve, and secure their places at the boardroom table.

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Editorial Review

From the Inside Flap

Based on a program from the Humphrey Group that has been delivered to over 400,000 women worldwide, *Taking the Stage* shows women—no matter their age, rank, or profession—how to communicate with courage and confidence in every situation, from formal speeches to brief hallway conversations. Judith Humphrey provides the inspiration and practical advice for women to "take the stage" mentally, verbally, vocally, and physically. Women can make the most of every opportunity by understanding how best to:

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From the Back Cover

Praise for Taking the Stage

"Speaking with strength and confidence is a vital skill for both men and women. Judith Humphrey's book, *Taking the Stage*, is a must-read for women who wish to achieve this goal." —**Elyse Allan, president and CEO, GE Canada**

"Judith Humphrey puts forward important ideas that are necessary for women's advancement, and *Taking the Stage* includes a set of clear guidelines for individual change. This is a welcome first step in the shift from a 'fitting in' male model to an 'organizational fit,' male-and-female model where both leadership styles are valued and rewarded." —**Judy B. Rosener, professor emerita, Paul Merage School of Business, UC Irvine, and author, *America's Competitive Secret: Women Managers***

"*Taking the Stage* focuses on one of the most significant skills women can have: the ability to project a strong, clear, and compelling voice. I have found in my career that this ability to speak up confidently, clearly, and with substance has been a defining quality for those who get ahead—both women and men. Judith Humphrey presents a template for doing so." —**Sue Spradley, senior vice president and general manager, network and service enablement, JDSU**

"I have brought Judith Humphrey's brilliant program 'Taking the Stage' into three companies on five continents. The results have been extraordinary. Women all over the world have discovered—as readers will—how to express themselves with courage and confidence, whether on the shop floor or in the executive suite." —**Kate Bishop, executive vice president, HR (Europe), CEVA Logistics**

"Finally—a book that shows women how to communicate powerfully, persuasively, and with presence. Women at TD have benefited tremendously from the program that inspired *Taking the Stage*." —**Grace Palombo, executive vice president and head of HR, TD Bank, and member, Catalyst US Advisory Board**

"If you manage a business and wish to support women in their pursuit of a successful career, *Taking the Stage* is an important read. I have seen women come back from the 'Taking the Stage' program and be considerably more confident speaking in front of their peers." —**John Montalbano, CEO, RBC Global Asset Management**

About the Author

JUDITH HUMPHREY is the founder of the Humphrey Group, a firm that teaches executives and leaders to influence and inspire their audiences. Clients include Deloitte, HSBC, IBM, Microsoft, TD Bank, and Walmart. *Taking the Stage*®, Judith's pioneering program for women, has reached over 400,000 participants around the world. Judith is the author of *Speaking as a Leader* (Jossey-Bass, 2012) and she lives in Toronto.

For more information, please visit

www.thehumphreygroup.com/taking-the-stage.htm @ Judith_Humphrey

Users Review

From reader reviews:

Benjamin Holmes:

Throughout other case, little persons like to read book *Taking the Stage: How Women Can Speak Up, Stand Out, and Succeed*. You can choose the best book if you'd prefer reading a book. Given that we know about how is important a new book *Taking the Stage: How Women Can Speak Up, Stand Out, and Succeed*. You can add knowledge and of course you can around the world by the book. Absolutely right, since from book you can realize everything! From your country until eventually foreign or abroad you will find yourself known. About simple matter until wonderful thing you are able to know that. In this era, we can open a book as well as searching by internet system. It is called e-book. You can use it when you feel bored to go to the library. Let's go through.

Christopher Morton:

As people who live in the particular modest era should be revise about what going on or data even knowledge to make these individuals keep up with the era that is certainly always change and progress. Some of you maybe may update themselves by looking at books. It is a good choice in your case but the problems coming to you actually is you don't know which you should start with. This *Taking the Stage: How Women Can Speak Up, Stand Out, and Succeed* is our recommendation to make you keep up with the world. Why, because book serves what you want and need in this era.

Heather Killen:

Hey guys, do you wishes to finds a new book to see? May be the book with the subject Taking the Stage: How Women Can Speak Up, Stand Out, and Succeed suitable to you? The actual book was written by famous writer in this era. The particular book untitled Taking the Stage: How Women Can Speak Up, Stand Out, and Succeed is the one of several books that everyone read now. This particular book was inspired many men and women in the world. When you read this reserve you will enter the new dimension that you ever know ahead of. The author explained their thought in the simple way, therefore all of people can easily to recognise the core of this publication. This book will give you a great deal of information about this world now. So you can see the represented of the world within this book.

Laura Buscher:

In this period of time globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The actual book that recommended to you is Taking the Stage: How Women Can Speak Up, Stand Out, and Succeed this guide consist a lot of the information from the condition of this world now. This book was represented just how can the world has grown up. The words styles that writer use for explain it is easy to understand. Typically the writer made some investigation when he makes this book. This is why this book ideal all of you.

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