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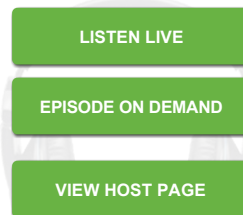
Say It Skillfully™
Tuesday at 8 AM Pacific /11 AM Eastern
May 12th 2020: Say It Skillfully™ – Julie Carrier: The Science of Confidence + Women & Girls Leadership Development

Say It Skillfully™ is a show that helps you to benefit from Molly Tschang's expert guidance on the best possible ways to speak your mind at work in a positive and productive manner. In Episode 27, renowned expert for girls and young women in leadership development, Julie Carrier, shared some of the science on building confidence and overcoming negative self-talk. She highlighted the importance of leadership development beginning in school, and also right upon entering the workforce (check out <http://girlslead.com>). Molly's next callers, 18-year old Maryam & Nivaal, activists and award-winning

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Featured Guest



Julie Carrier

Julie Carrier is a bestselling author, speaker, and trusted global authority on the science of confidence and leadership development for women and girls. Julie has authored several books on the topic including the #1 bestseller, Girls Lead. She is also featured in Insights on Coaching and the #1 New York Times Bestseller, The Success Principles. She also served as a confidence coach for MTV's positive goal-setting show, MADE and received an Emmy-nomination. She was also recently awarded by Thinkers 50, Marshall Goldsmith and Leading Global Coaches as the "#1 Coach for Young Women in the World." This former Senior Management Consultant in Leadership Development for the Pentagon and Fellow at

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