

# You Got This: The Ultimate Negotiation Guide for Professional Women

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PRESENTS

## YOU GOT THIS

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The Ultimate Negotiation Guide  
for Professional Women

### **When was the last time you negotiated something with ease and confidence?**

Whether you feel scared to advocate for what you want, or typically feel grounded in these types of conversations but want to up your game, you'll learn key tips and strategies that will help you navigate any conversation.

We'll go through 4 courses — a fancy meal, if you will — starting with a delightful appetizer about confidence, diving into two hearty main courses that will get you prepped and ready for the conversation, and end with a yummy dessert course that'll help you navigate your emotions at any point.

By the end of our delectable meal, you'll know how to reframe the way you think about negotiations of all kinds so you can enter any room or conversation knowing that ***you got this***.

### **Here's what you'll learn in each course:**

### **Course 1: Confidence Boost**

Even if you're feeling nervous, you might be more ready than you think! Learn how to tap into the negotiation strategies you already have.

### **Course 2: Prep like a Pro**

Before you even enter the room, learn the key strategies to keep in mind as you prepare for the conversation.

### **Course 3: Success in the Room**

Engage in your conversation with ease and confidence using these powerful practices for during the negotiation.

### **Course 4: Manage the Feels**

No matter the stakes at play, learn how to stay calm, cool, and collected from beginning to end.