

From Critic to Champion: Claim Your Leadership Voice



Cheryl Rice

Objectives

1. Identify the voice of your specific resilience-robbing inner critic.
2. Apply techniques to manage self-talk productively and purposefully.
3. Leverage your inner champion for better decision-making and risk-taking and greater fulfillment.

What is the Inner Critic?



Where Does it Come From?



J. Crew Size Chart

Size (US)	Numeric Size (US)	Bust	Natural Waist
XXXS	000	30.5	23
XXS	00	31.5	24
XS	0	32.5	25
XS	2	33.5	26
S	4	34.5	27
S	6	35.5	28
M	8	36.5	29
M	10	37.5	30
L	12	39	31.5
L	14	40.5	33
XL	16	42	34.5
XXL	18	43.5	36




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When Does it Show Up?




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Why Does it Show Up?



Getting to Know You

- ❖ Draw a picture of your Inner Critic.
- ❖ Note some of its favorite sayings and ask for its name.



If the Inner Critic Could Sing



“Unworthy” by Cheryl Wheeler

A New Way



1. Think about a time when you took a significant risk at work or home. How did you manage the chatter from your Inner Critic?
2. Who are you when you're not being held back by your Inner Critic?

I am...

I am...

I am...

Finding Your Inner Champion




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DREAM Model for Quieting Your Inner Critic

DECIDE to develop a relationship with
your Inner Critic.

R

E

A

M

DREAM Model for Quieting Your Inner Critic

DECIDE to develop a relationship with
your Inner Critic.

RECOGNIZE and label the voice of your
Inner Critic.

E

A

M

DREAM Model for Discovering the Resilience Within

ENGAGE with your Inner Champion:

- ❖ Gently place your hand to your cheek or heart, breathe.
- ❖ Give your Inner Critic 5-minutes to share concerns. Find the kernel of truth and address it.
- ❖ Let your Inner Champion respond, then ask your Inner Critic to be quiet for an hour.

DREAM Model for Discovering the Resilience Within

ALTER the narrative:

- ❖ Ask: “What would my friend/spouse/Mom tell me?”
- ❖ Remind yourself how you achieved success in the past.
- ❖ Create a go-to playlist to shift your thinking and feelings and move you to positive action.
- ❖ Stand in the Wonder Woman pose for two minutes prior to a big event.

DREAM Model for Discovering the Resilience Within

MOBILIZE:

- ❖ Ask yourself which voice you prefer to listen to.
- ❖ Step up and take action aligned with your passion and values.

DREAM Model for Quieting Your Inner Critic

DECIDE

RECOGNIZE

ENGAGE

ALTER

MOBILIZE

In Closing...

Change Your Chatter.

You Matter.

Let's Stay in Touch!

Text the word

MANGO

to

33777

You'll also receive the bonus report:
**"10 Powerful Questions for Finding
Your Leadership Voice"**


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