

# Episode 42: Standing up for Yourself at Work

## Top 5 Tips

In this episode, Mary is shares her 3 step process to Standing up for Yourself or having a hard conversation in the workplace. Here are here 5 tips to help you through the process.

### 5 Tips for Standing up for Yourself in the Workplace

1. Prepare and plan ahead- Remember your why, define the problem, decide what you want to say, practice, and meditate
2. Show Up- Have your own back. This is important! You are important. If you have commit to having this conversation, then don't back out
3. Review- Every time you speak up or stand out it is going to get better and better. Don't beat yourself up for any mistakes, simply review, decide what you will do differently next time and let it go
4. Celebrate- Please take the time to acknowledge how awesome you are for deciding you are worthy of speaking up.
5. Self-care- No matter how many times you have a hard conversation it can leave you with some residual feelings. Go move your body, take a bath, talk with a friend, listen to some music. Rejuvenate yourself so you are ready for the next time

