



The Power of Self-Talk

Dare to silence your inner critic and take the first step toward a life of you love.

Description:

The stories we tell ourselves shape what we believe is possible. In this session, Jodi teaches participants how to recognize and rewrite the negative self-talk that holds them back, replacing it with a more supportive inner dialogue. They'll learn simple, practical tools to quiet the inner critic and take the first step toward a life they truly love.

Audience Takeaways:

- Tools to clean up your inner critic and speak to yourself like a leader with clarity and confidence
- How to reframe mistakes as growth opportunities and move forward with intention
- A confidence boost that shows up in every interaction and elevates how you communicate
- Daily practices to support emotional resilience and clarity

Why Jodi:

With infectious energy, humor, and heart, Jodi creates instant connection with every audience. As a speaker, coach, and host of the Dare On with Jodi podcast, she empowers midlife women to dare more, doubt less, and live fully - starting right where they are.

Let's Connect

jodi@momswhodare.com



[@jodi_silverman](https://www.instagram.com/jodi_silverman)