



# SHOLA KAYE

## Keynotes & Training

Culture Change, Communication & DEI

### THE ART OF THE ASK

#### **Skyrocket performance & achievement using the power of asking**

This inspiring talk highlights the transformative impact of actively seeking what one needs, from support to opportunities, and how this can foster growth. The presentation shares real-life stories, offers practical strategies for effective asking and provides insights to help move past the fear of rejection.

The session also explores the role of questions as a way to include, empower and inspire others, spurring them to embrace greater challenges and pursue their aspirations.

#### **What will the audience learn?**

- Explore the concept of self-inclusion as a means to empower oneself and others.
- Learn a framework for confidently requesting help, information, and opportunities, at the right time and in the right way.
- Discover how well-placed inquiries and encouragement can inspire others to achieve their full potential.
- Understand and tackle the psychological and social hurdles that prevent people from asking.
- Combat the fear of rejection with Shola's 5Rs framework.

Keynote or workshop



# SHOLA KAYE

## Keynotes & Training

Helping you master the A.R.T. of Transformation: Act, Reflect, Transcend!

### What comes next?

After this keynote you may want to consider workshops, coaching and other learning opportunities with Shola and her U.S. and U.K.-based team of associates. We deliver additional half and full day workshops on the topic of your keynote, helping to embed your transformation, and also have a variety of longer, customisable programs available. These include:

- The Inclusion Launchpad (DEI series)
- The EI Accelerator: Empathy and Self-Awareness Skills for Leaders
- Connect & Convince: Our Communication Skills training program
- Our 6-month to year-long Leadership Development Suite
- Workshops on varied topics such as Cultural Competency

We value flexibility and love collaborating with clients to co-create the perfect solution.

Book an introductory chat with the team at [sholakaye.com/15](https://sholakaye.com/15) or email us at [info@sholakaye.net](mailto:info@sholakaye.net) to book in your keynote and get the ball rolling.

### About Shola

Shola Kaye is the author of two books and an award-winning international speaker on Communication, Inclusive Leadership and Empathy at Work. She's passionate about helping organisations create an atmosphere of belonging for their people. When a workplace is fully inclusive and welcoming, amazing things happen. People are transformed into leaders. Teams and groups perform better. Everyone gains. Shola's work has appeared in a variety of industry journals, she's a LinkedIn Learning instructor, TEDx speaker, and her clients include Google, American Express and Deloitte.