

Trisha Lewis - on an 'Unsquashing' mission

Fired up and Forensic about Human Communication!

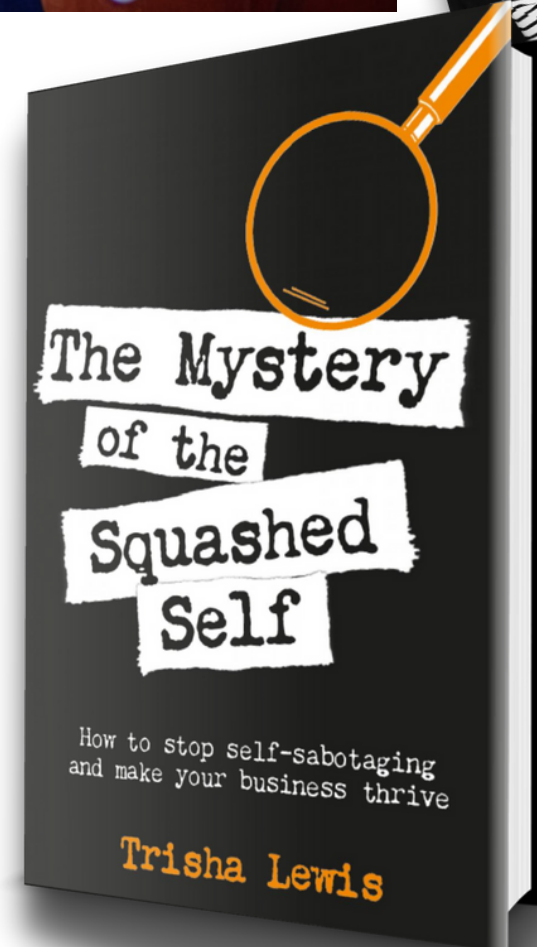
Trisha is a professional communicator with decades of experience as an actor, speaker, entertainer, interviewer and facilitator.

Her engaging conversational style puts hosts and audiences at ease instantly. Trisha has a story to bring each of her insights to life - she 'makes it real'.



SIGNATURE TOPICS

- ✓ Showing Up is not Showing Off!
- ✓ Too Nice or Too Assertive?
- ✓ Front and Back Stage - Social Media Wellbeing
- ✓ The Power of Curiosity
- ✓ Putting More 'You' in Your LinkedIn Posts



KEYNOTE

Beware the 'Self-Squashing Prophecy'

There are many fears, illusions and bits of baggage that stop us showing up to share our ideas, achievements and questions. I call them the FIBs that hold us back. You have heard of 'impostor syndrome' - but I shake it up and spin it around with a whole new perspective in my TEDx talk 'Beware The Self-Squashing Prophecy'. My 'self-squashing' perspective explored in my talks and book ignites lively conversations that connect and inspire people.

Beware the Self-Squashing Prophecy - Signature Talk
Bespoke options from 10 mins to 1-hour - ideally with Q&A!
This talk can also be part of an 'Unsquash Yourself' workshop

TESTIMONIALS

I trust and admire Trisha's knowledgeable and friendly style of communication, be it in a one to one or large group setting. She has the enviable ability to hold attention - never knowing what brilliance is coming next. Consequently I had no hesitation in asking Trisha to facilitate sessions for the two Aspiring Women Groups that I co-lead in London and Dorset. I value Trisha's creativity, boundless energy and enthusiasm and her willingness to share what she knows in innovative and fun ways.

Marie Smith - Aspiring Women

I have been fortunate to be able to work with Trisha on a number of projects over the past seven or eight years. Trisha brings a great energy to everything she undertakes and her personality shines through constantly. Trisha is a great team player and a consummate professional, she puts in the hours and always succeeds in anything she sets her mind to. Her work is charming and accessible but always spiced with thoughtfulness and care.

Peter John Cooper - Theatre Director



6.5K followers (May 2022)

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