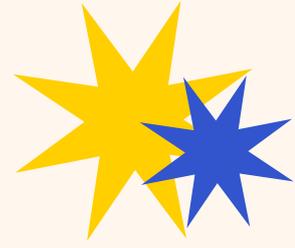


The Brag Better Bootcamp!



WHAT IS THE BBB?

The Brag Better Bootcamp is a month-long course for your company or brand that empowers your employees to speak positively about their work, and create an atmosphere of healthy pride. Whether it's crafting strong bios, understanding annual review language, or building strong, thoughtful teams, these skills are key to being a well-rounded worker. It also allows those that work for you to address their struggles in a safe, constructive, and welcoming environment.

What's included [Overview]:

- > Four Monday pre-recorded sets of video modules + four to five worksheets to be done at each participants' pace,
- > Four Friday "jam sessions" to answer questions live.
- > Reduced Power Hour 1:1 Session prices that can be purchased for additional work and support.

Meet Meredith Fineman

WHO AM I?



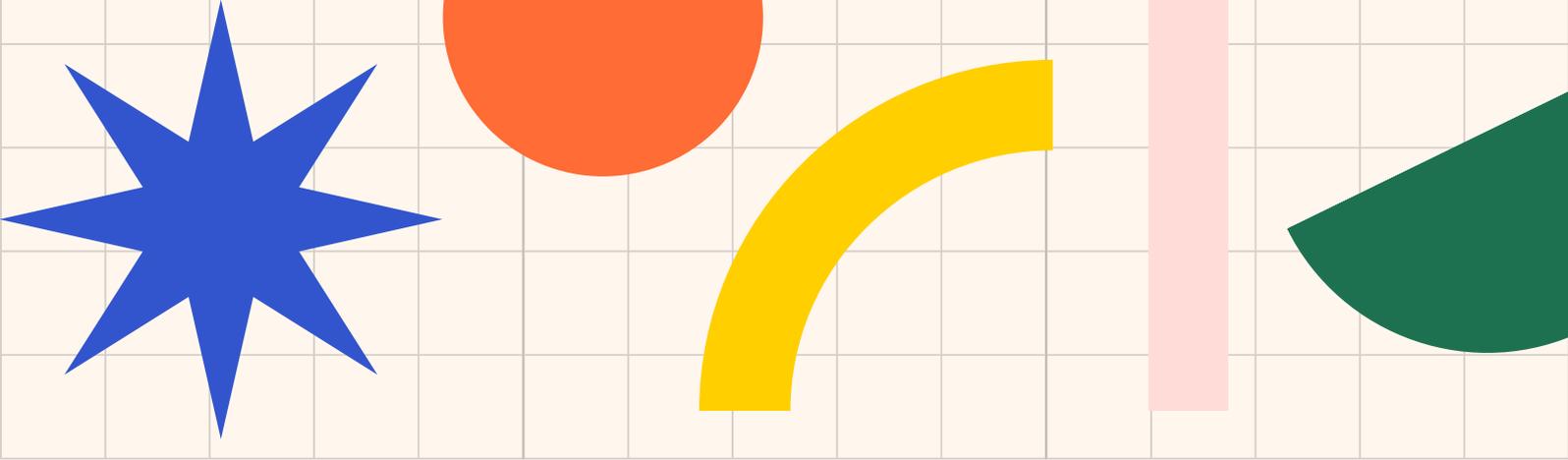
Brag Better Bootcamp Troop Leader, Entrepreneur, Author of the best-selling Brag Better: Master the Art of Fearless Self-Promotion. Domestic and international speaker and trainer. Freelance writer of 17 years.

You can learn all the things about me, and I can't wait to learn about you.


www.meredithfineman.com

<https://www.meredithfineman.com/brag-better-bootcamp>

www.instagram.com/meredithfineman



Course Overview



PRE-SESSION

Each of your attendees will receive an email inviting them to a unique login on meredithfineman.com. There they will create a password and have access to all materials - Monday video modules, worksheets, and recordings of Friday Jam Sessions.

WEEK ONE: ASSESSMENT, ALIGNMENT, AND (IMMEDIATE) ACTION

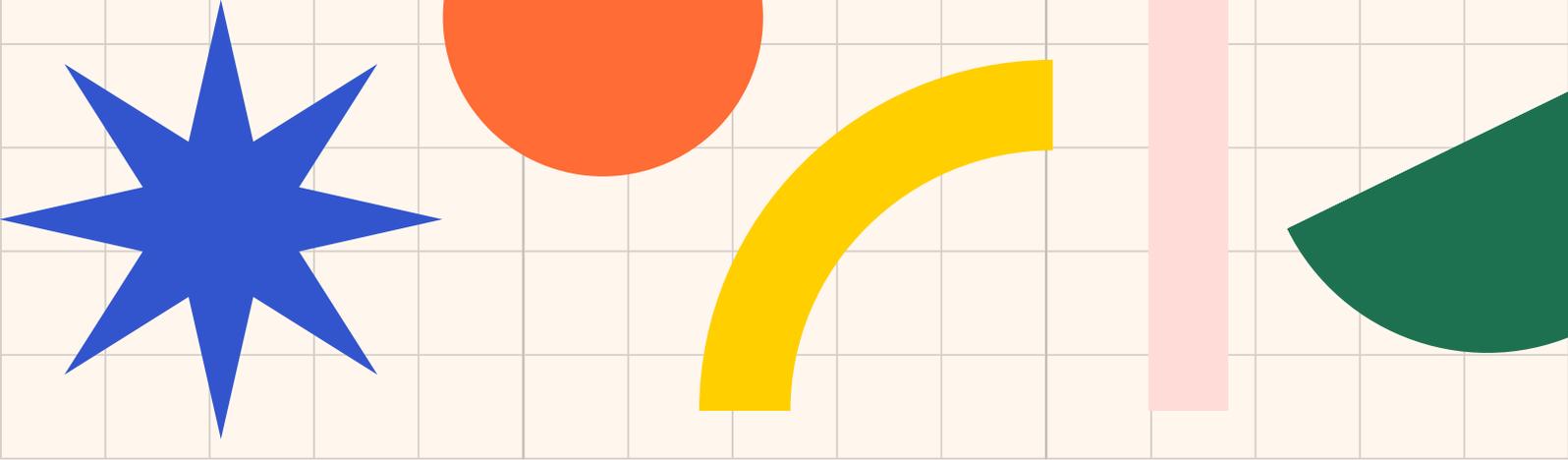
Who are you telling people you are now? This week you'll get a clear understanding of how you're presenting yourself online and offline—including the holes, inconsistencies, and missed opportunities. We'll also dig into what has held you back from bragging and made you a member of the Qualified Quiet.

- > Sample Module: Your Bragging Background
- > Sample Worksheet: Checklist: Assess Your Presence
- > Sample Worksheet: Ask for a Reference, Testimonial, or Endorsement

WEEK TWO: A NEW BIOGRAPHY + RESUME

Your biography and resume are the original bragging spots—people expect to be bragged there! So why do we hold back, and what might we cost ourselves when no one else understands what we do (or knows what we do in the first place)? This week we'll break down how to make your resume and bio position you exactly how you want to be seen.

- > Sample Module: How to Spot a Win in the Wild
- > Sample Worksheet: Bio Best Practices



Course Overview



WEEK THREE: CUSTOM BASED ON COMPANY OR BRAND

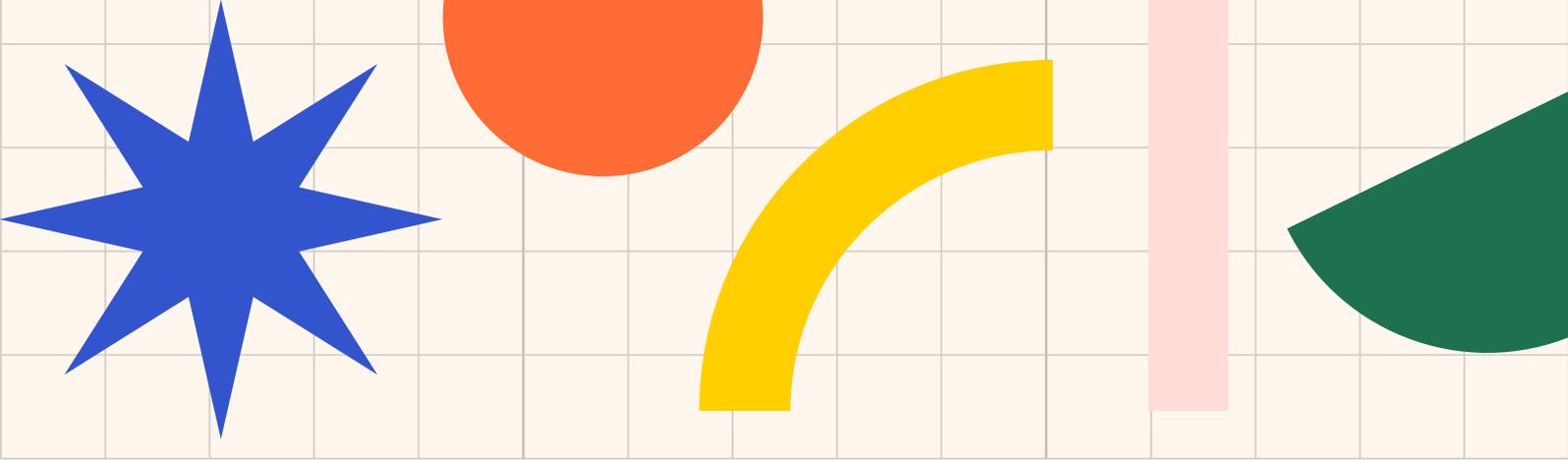
This week will address a company's specific needs. It will include a custom pre-recorded lecture and four custom worksheets. Sample topics could include:

- > Managing Up and Speaking Up
- > Retaining Diverse Talent and Highlighting Diverse Voices
- > Creating and Cultivating an Environment of Healthy Pride
- > Executive Presence and Presentation
- > Strong and Effective Communication

WEEK FOUR: BRAGGING BETTER IRL

The last three weeks have set your voice foundation—this week is all about what you'll build on it. How will you raise your visibility? How will you help others?

- > Sample Module: Pitching Yourself to Different Audiences
- > Sample Worksheet: Practicing Your Introductions
- > Sample Worksheet: Pitching Examples and Samples



Other Information

Costs:

- > Eight sessions, 12+ worksheets, and 1:1 time. \$2500 (retail value: \$7500).
- > Pre-recorded videos only and a few worksheets: \$895.

Corporate Specs:

- > The Brag Better Bootcamp can be tailored to a corporate atmosphere and a company's specific issues. We are working across technology, leadership, startups, and more.

Inquire for custom costs.

Minimum of 10 participants required.

For More Information:

Email: meredith@meredithfineman.com

Phone: +1.646.504.0631