



**March 24, 2020 Brown Bag Presentation**

**Brown Bag Presentation  
Presented by Megan Timpane  
The Art of Presenting Yourself: Projecting Credibility and Confidence**

Whether you are meeting one-on-one with your attorneys, communicating with the court clerks, clients, opposing counsel, or interacting with colleagues, appearing credible and confident will significantly raise your effectiveness. This seminar examines the power of the “sub-textual” conversation—body language, vocal patterns, and mannerisms that can raise or lower one’s status in the workplace. SpeechSkills Trainer Megan Timpane will outline the explicit “codes of conduct” for projecting credibility, especially when the stakes are high. Individually, these behaviors are easy to implement. Together, they form a skillset that can transform your career. In this seminar you’ll learn how to:

- Cultivate personal presence
- Recognize/Prevent the “tells” of nervousness and intimidation
- Strike a balance between authority and approachability
- Demonstrate composure under pressure
- Avoid unintentional behaviors that may lower your status

**Tuesday, March 24, 2020  
12:30 – 1:30 p.m.  
One Montgomery Tower (Crocker Galleria)  
San Francisco, CA 94104**

RSVP to Francie Skaggs – [francieskaggs@gmail.com](mailto:francieskaggs@gmail.com) - by Friday, March 20, 2020

One Hour MCLE Credit & CCLS Continuous Education Certificates Available. This event is open to anyone in the legal industry. Feel free to share with your colleagues and friends. Attendees are encouraged to bring your lunch and enjoy the presentation.

About the Speaker:



**Megan Timpane**  
SpeechSkills

Megan Timpane brings over 8 years of HR and corporate training experience to SpeechSkills, having previously worked for prominent companies in the fashion industry, such as Michael Kors and Rent the Runway.

Originally from San Francisco, Megan began acting at a young age, studying at The New Conservatory Theater, American Conservatory Theatre, and The British Academy of Dramatic Arts at Oxford, before getting her bachelor’s degree in Theatre Performance at UCLA. While pursuing her acting career in TV and film in Los Angeles, Megan wrote and performed her own one-woman show Lymphomaniac - about her experience battling and surviving cancer - to rave reviews and sold out houses.

In her spare time, Megan takes classes in Stand Up and plays on three (yes, three!) basketball teams.