

Jodi
O'Donnell-Ames

Your Words Matter

Speak With Integrity and Clarity



1. *Know the room before you speak*

Understand your audience, their goal, and what you want them to feel.

2. *Every impression matters, not just the first*

Consistency between your words and presence builds lasting trust.

3. *Be an outlier in how you present*

The ones who stand out are the ones who succeed.

4. *Clarity isn't polish, it's purpose*

Your message should land with meaning, not just sound professional.

5. *If your message is authentic, its impact will be greater*

Your natural voice and your impact are not in conflict. Honor both.

6. *Practice with integrity and make sure your intentions are clear*

Walk into every room knowing your message will land exactly as intended.



jodi.odonnellames@joaspeakson.com



(609) 280-1905

© Copyright 2026