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THE LEADERSHIP CATALYST SPARK: POWER MOVES SCRIPT

*How to Command Authority, Control the Conversation & Lead
with Confidence*

By Chasity Wells-Armstrong



CATALYST COACHING & TRANSFORMATION



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WHY THIS MATTERS

Powerful leadership isn't about asking for permission....**it's about owning the room, shaping the conversation, and making an impact.**

You've worked too hard, built too much credibility, and fought through too many barriers to let someone question your authority.

Yet, time and time again, women in leadership find themselves:

- **Talked over** in meetings.
- **Dismissed** or ignored—only to have their idea repeated by a man and praised.
- **Labeled as aggressive** while men are celebrated for the same confidence.
- **Pressured to “be nice”** when directness is needed.

Let's be clear: **This is not a personality issue. It's a power issue.**

The Leadership Catalyst: Power Moves Script gives you **the exact language** to handle these moments with confidence, control, and unshakable authority—so you **never** second-guess yourself in the moment again.

Great leaders aren't shrinking themselves to fit outdated expectations.

Neither should you.

This is your script to **own the room.**



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HOW TO USE THIS SCRIPT

- Practice these phrases so they feel natural in real situations.
- Modify them to match your leadership style—but never dilute your power.
- Use them when it matters most—in meetings, negotiations, and high-stakes discussions.

Because leaders don't just respond. They direct the conversation.





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1. WHEN YOU'RE INTERRUPTED OR TALKED OVER

Situation: You're mid-sentence, making an important point, and someone cuts you off.

Power Move Response:

- "I wasn't finished yet. I'll complete my point, then I'd love to hear your thoughts."
- "Let me finish this thought, and then we can discuss it further."
- "I want to ensure my full point is heard before we move on."

Why This Works: You are **asserting, not asking**. You are directing the flow of the conversation, not waiting for permission to speak.





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2. WHEN YOUR IDEA IS IGNORED—THEN REPEATED BY A MAN

Situation: You propose an idea. It's overlooked. Minutes later, a male colleague repeats it; and suddenly, it's brilliant.

Power Move Response:

- “I appreciate you building on my idea. When I first introduced it, my focus was on [restate key point]. Let’s expand on that.”
- “Yes, as I mentioned earlier, [repeat your idea]. I’d love to hear thoughts on how we can implement it.”
- “I’m glad this is resonating. When I first brought it up, my intent was to [restate your original point].”

Why This Works: You are **reclaiming credit without confrontation** and reinforcing yourself as the thought leader in the room.





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3. WHEN YOU'RE CALLED "TOO AGGRESSIVE"

Situation: You speak with confidence and clarity, and someone labels you as "too aggressive," "intense," or "harsh."

Power Move Response:

- "I find it interesting that assertiveness is seen as a strength in men but a flaw in women."
- "I am direct because the issue is important. Let's focus on solutions."
- "I don't believe directness is the issue here. What specifically concerns you about the content of my message?"

Why This Works: You call out the double standard while keeping the conversation focused on substance over perception.





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4. WHEN SOMEONE COMMENTS ON YOUR TONE INSTEAD OF YOUR MESSAGE

Situation: Instead of engaging with your point, someone critiques your tone or delivery.

Power Move Response:

- “I’d like to bring the focus back to the issue at hand rather than my delivery.”
- “It’s interesting that my tone is the focus rather than the urgency of this issue.”
- “I’ll always be direct when the stakes are high.”

Why This Works: You are **rejecting tone policing** and redirecting to what actually matters.





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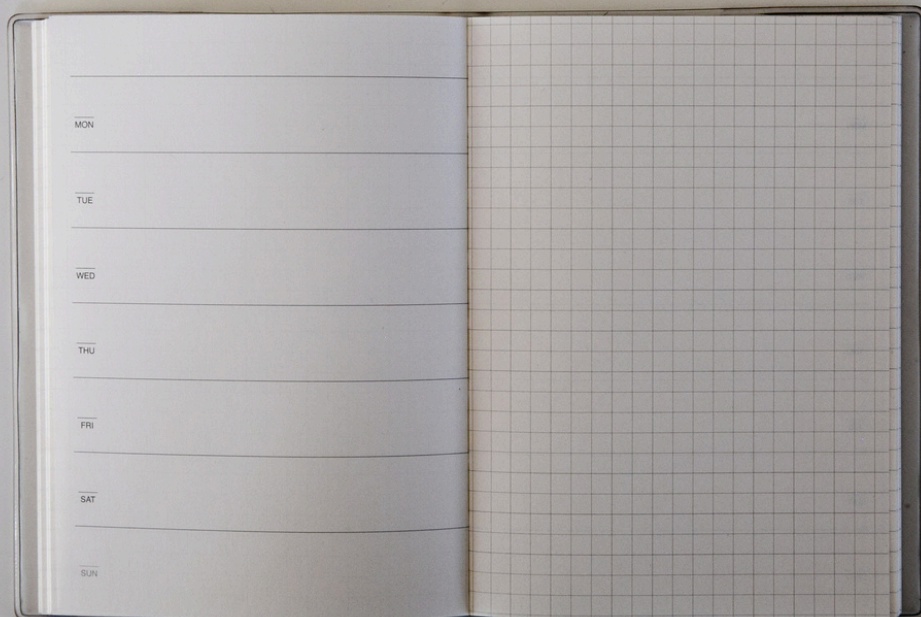
5. WHEN YOU'RE ASKED TO TAKE ON EXTRA WORK THAT ISN'T YOURS

Situation: You're already managing a heavy workload, yet you're being asked to take on additional responsibilities—often unpaid, unrecognized “office housework.”

Power Move Response:

- “I’m at capacity with high-priority initiatives. Who else on the team can take this on?”
- “I’d be happy to consider this if we reprioritize my current workload.”
- “Let’s ensure responsibilities are distributed equitably across the team.”

Why This Works: You are **setting a boundary** while positioning yourself as a **leader, not an assistant.**





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6. WHEN HOLDING SOMEONE ACCOUNTABLE WITHOUT BEING DISMISSED

Situation: A colleague is failing to follow through, and it's impacting your work

Power Move Response:

- “I want to clarify expectations so we’re aligned. By [deadline], I’ll need [specific deliverable] to keep us on track. Can I count on you for that?”
- “I noticed [task] wasn’t completed as expected. What’s the plan to meet the deadline?”
- “We need this resolved by [date]. What do you need to ensure that happens?”

Why This Works: You are **direct, clear, and non-negotiable**. There’s no room for excuses.





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FINAL THOUGHT: STEP INTO YOUR POWER

If you've ever walked away from a conversation wishing you had responded differently—**that ends today.**

Powerful leaders don't shrink. They show up. They own the room.

Action Step: This week, use at least **one of these Power Moves** in a real conversation. Hit reply and tell me what happens.

Want to dive deeper into owning your leadership presence, setting boundaries, and commanding any room with confidence? Let's strategize.

SCHEDULE A LEADERSHIP STRATEGY
SESSION HERE →

***Print this script so you have it on hand for every high-stakes conversation.**

Because leaders don't just respond. They set the tone.

Keep leading boldly,

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