

MAKING PUBLIC SPEAKING FUN: Habits for Communicating with Confidence



Transform the way you communicate with practical skills and applicable next steps.

WHO THIS KEYNOTE IS FOR:

- Team members who want to grow confidence in their speaking and communication skills.

THE HARD TRUTH:

- Only 10% of people feel confident in their communication skills.
- Public speaking is a vulnerable act that opens you up to rejection, judgment, and ridicule. Our brains hate those three things.

HOW I CAN HELP:

- Public speaking is a skill, and like all skills, there are no shortcuts to develop that skill in a quicker time. **But there is a way to transform your fear into the fuel that powers effective communication and influential presentations.**
- I'll show you how to organize your thoughts for maximum impact in speeches and conversations.
- We'll explore **visual and vocal delivery skills** with an emphasis on the power of body language and using voice modulation and strategic pauses to captivate an audience.
- We'll talk through **nerve management** and easy ways you can handle your jitters and deliver with poise.

WHAT YOU'LL GET FROM ME:

- I make complex concepts accessible and engaging **through rich storytelling, concrete research, and genuine enthusiasm** for the subject.
- I incorporate **interactive elements** people want to participate in! Quick partner activities give you the chance to practice putting ideas into action.
- All this comes together to create a memorable and effective experience with **immediate next steps** you can incorporate into your daily life to start leading and living with confidence.



IN-PERSON OR VIRTUAL

OPTIONAL: ADD A
WORKSHOP COMPONENT

LEARNING OUTCOMES

Effective Thought Organization

Learn to structure your thoughts, arguments, and speeches for the greatest impact.

Visual and Vocal Delivery Techniques

Explore how verbal and non-verbal communication can captivate and engage your audience.

Nerve Management

Get practical tools for managing anxiety and speaking confidently.

