



# coaching



## WHY COACHING

Coaching allows you to maximise the potential of your voice.

Because what you say and how you say it will determine what others think of you more than anything else that you do.

Maybe you have completed Spark or The Path and now want to explore a particular niche of your repertoire.

Perhaps you are new to this training and prefer a bespoke package tailored to your specific journey.

Let's work together and discover what coaching will achieve for you.

## WHAT COACHING IS

Your journey is unique.

Work together, online or in person, we can work towards your goals, such as:

- Co-author your presentation or speech
- Curate a programme for you to master meetings so your ideas are supported and your voice is heard
- Write a campaign message to influence your community, whether it's changing behaviours or winning support for a new project
- Develop killer confidence – learn how to project yourself, in any situation

## HOW IT WORKS

- one-on-one guidance
- can be delivered online, on your premises, or off site (venue fees will apply)
- cost from £120 per hour to a broader package



## Talking Out Loud

### TESTIMONIALS

*"I've been presenting for quite a few years, but am aware I can always do better, so try and attend courses like this whenever possible. I have to say, with most of them I feel as though I'm not learning anything that I didn't already know but that definitely wasn't the case with yours. I particularly liked the concept of speaking in phrases, with different emphasis on headers and bullet points. I can't wait to try this out!"*

Mark Allwood, Regional Legacy Manager, Save the Children, February 2020

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*"One of the best courses I have undertaken in my role as a Reception Manager for a GP practice. It was accessible, very informative and extremely applicable in my role. I was actually quite surprised by some of the things we learnt, in particular the importance of setting boundaries, and this is something that I have taught to my staff in turn and has been of great benefit."*

Aoibheann Byrne, Reception Manager, The Redcliffe Surgery, December 2017

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*"I especially enjoyed the section on preparing notes head of a presentation and also how you demonstrated the impact of speaking more slowly. The "how to lose the audience" tips were very useful. I've never seen these included in speaker training before and will absolutely keep them in mind! Thank you for a brilliant course."*

Course delegate, Farringdon, 2020

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*"The trainers were excellent, calm reflective and informative."*

Course delegate, Ealing, January 2018

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*"Excellent, very organised, clear and interactive."*

Course delegate, Harrow, January 2018

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