

VIRTUAL SPEECH COACH

Elevating Experts' Presentation Skills

Off-The-Cuff Confidence Coaching for Impromptu Speaking

- You will gain confidence for job interviews, Q&A sessions, and meetings
- You will learn, and practice 5 impromptu speaking frameworks:
 1. P.R.E.P., a go-to format that gets to the point!
 2. S.T.A.R., ideal for answering behavioral interview questions
 3. L.E.A.P. into conflict (communicating through disagreements)
 4. Pros, Cons, Recommendation: for giving your expert opinion
 5. Past-Present-Future: for inspiring your audience
- You will learn a step-by-step approach to prepare a “short-notice” speech
- You will learn how to prepare for and handle Q&A sessions
- You will learn 7+ ways to look and feel more confident
- You will reduce your filler words, and “ums” if they are a challenge for you

Session 1: Goals + P.R.E.P Framework + Confidence Tip 1

Session 2: Review + S.T.A.R. Framework + Confidence Tip 2

Session 3: L.E.A.P. into dealing with conflict and disagreements + Confidence Tip 3

Session 4: Pros, Cons, Recommendations Framework + Confidence Tip 4

Session 5: Past-Present-Future + Confidence Tip 5

Session 6: Preparing a Short-Notice Mini-Speech + Confidence Tip 6

Session 7: Q&A preparation + Confidence Tip 7

Session 8: Mini-Speech from previous lesson plus Q&A practice

How does the coaching work?

8, 30-minute Zoom coaching sessions in which we discuss the topic and review homework. Homework will involve practical application of concepts and will be debriefed at the subsequent session. A link to each recorded session will be provided for your self-review.