



Personal Coaching for Speaking and Presentations

“A coach is a person who supports people (clients) to achieve their goals, with goal setting, encouragement and questions. Unlike a counselor or mentor, a coach rarely offers advice. Instead, a coach helps clients to find their own solutions, by asking questions that give them insight into their situations. A coach holds a client accountable, so if a client agrees to a plan to achieve a goal, a coach will help motivate them to complete their plan.”



Who Should be Coached:

Any presenter who wants extensive personal help and feedback in delivering: a specific speech or business or technical presentation on a regular basis; those presenting sessions for professional associations; those presenting an important proposal; and those presenting as part of a job interview. Your coaching process will be tailored to your presentation objectives. I can help you in any of the following ways:

- Brainstorming to create speech/presentations content
- Fine-tuning your content by adding examples, stories, transitions
- Creating a presentation that matches your audience's needs
- Outlining and organizing: Developing your talking points
- Reviewing PowerPoint and other visuals
- Polishing your delivery style: making eye contact, using pauses
- Using vocal variety, energy and enthusiasm
- Answering questions with the C.A.R.E. formula

How You Will Benefit:

- Individual instruction that matches your style
- A program designed to fit your available time schedule
- CD Feedback so you can see yourself as others see you
- Post training support via phone, and email
- Confidential presentation action plans

Options for Personal Coaching:

- In-person coaching at your location
- In-person at Julia's office in Princeton, NJ
- Combination of in-person coaching, telephone coaching, video and audiotape
- Assessment of video and audiotapes and telephone consultation only

In-office coaching program: 2 sessions, 2 hours each; Total Fee: \$700