



“Find Your Voice” Group Coaching Program

12-Week Schedule

Week 1 Getting to Know You

Introduction to the 7 Secrets of Essential Speaking, overview, agreements, goals

Week 2 Face to Face with Fear

The Roots of Fear - Discover the underlying cause of your fear of public speaking so you can finally face it, heal it, and be free of it

Week 3 Silence is Golden

Be Silent - Learn how to calm your nervous system and quickly ground your body when you are speaking

Week 4 The Power of Now

Be Present- Learn how to keep yourself centered in the “now” and in your core so you can speak from your strength

Week 5 Here’s Looking at You

Be Softly Gazing - Learn how to be comfortable when all eyes are on you and when you are looking at your listeners

Week 6 The Lost Art of Listening

Be Listening - Learn how to “listen” to your listener while you are speaking and not be thrown off by what you think they might say

Week 7 Positively Irresistible

Be Positive - Learn how to speak from your core strength, the Essence of who you are, and become a magnetic presence

Week 8 Wired for Connection

Be Connected - Learn how to stay in “Relational Presence” with one person at a time so everyone in the room feels like you’re talking specifically to them

Week 9 The Confident You

Be Yourself - Learn how to be confident expressing the truth of who you are and remain connected to this truth, no matter what

Week 10 Make Your Transformation Real

Applying the 7 Secrets to your daily life

Week 11 Make Your Transformation Real

Applying the 7 Secrets to your daily life

Week 12 Closing

Results, next steps