

“Find Your Voice” Group Coaching Program

12-Session Schedule

Session 1 Kick Start

Overview, agreements, clear objectives so that a safe, supportive and inspired learning environment for personal growth is established.

Session 2 Face to Face with Fear

Identify and address the root causes of your fear related to public speaking so you can finally face it, heal it, and be free of it.

Session 3 Silence is Golden

Be Still - Learn how to calm your nervous system so that you can quickly quiet your mind and ground your body when you start to get anxious.

Session 4 The Power of Now

Be Present- Learn how to stay centered in the “Now” and in your core strength so that you can speak from a place of personal empowerment.

Session 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 so that you can be relaxed.

Session 6 The Lost Art of Listening

Be Listening - Learn how to listen to your listeners while you are speaking so that you can create a more genuine relationship with them.

Session 7 Positively Irresistible

Be Positive - Learn how to tap into the core Essence of who you are so that you can be magnetic, shine from the inside out, and compel rapt attention.

Session 8 Wired for Connection

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

Session 9 The Confident You

Be Yourself - Learn how to be confident expressing the truth of who you are so that you can finally embody your authentic self and be free.

Session 10 Fearless Speaking in Daily Life

Learn how to apply the 7 Secrets to your daily life so that you reinforce the learning outcomes and ensure sustained progress with self-expression.

Session 11 Life is Your Stage

Continue with Applying the 7 Secrets to your daily life so that you can select areas you’d like to focus on to increase your confidence to speak without fear.

Session 12 What’s Next?

Review, reflections on results, set actionable next steps so that you can plan for continued personal growth and application beyond the course.