

Former "Quietest Girl" Creates First Online Course for Overcoming Shyness

Author of "Goodbye to Shy" tells your audience...

- The 4 step mental stronghold that keeps you trapped in shyness
- The role that energy plays in attracting others to you
- A simple secret from the founder of Mary Kay cosmetics that enables you to connect with anyone instantly
- The importance of non-verbal communication and how you can convey confidence without saying a word
- Simple techniques to relax when an anxiety storm overcomes you
- A easy way to make small talk
- How to make and keep good friends
- How to establish lasting romantic relationships
- The differences between passive, passive/aggressive, and assertive communication and how you can move toward a more assertive pattern
- Ways to conquer public speaking fear

...And much more



- **Over 15 million Americans suffer from social anxiety (Anxiety Disorders Association of America)**

Social anxiety stems from situations like starting a conversation, giving a speech, or even making a phone call. For the sufferer, these situations produce anxiety storms - rapid heartbeat, blushing, trembling, and shortness of breath.

“With social anxiety, fear of being judged and saying the wrong thing rules you. Inside, you want to speak up but fear makes you be quiet or just avoid social situations altogether,” Kimberly Floyd says. “You constantly experience the pain of missed opportunities. But I want shy people to know that there is hope. You can receive the anxiety help you need and social anxiety can be overcome.”

Kimberly Floyd is a former Registered Nurse, and is now a wellness coach. She has developed classroom and Web-based training for the medical, banking, education, and telecommunications industries.

She was so shy in high school that a math teacher joked, “She’s so quiet I hardly know she’s in here.” Hurt and tired of feeling invisible (she was voted “Quietest Girl” in elementary school), overcoming shyness became a top priority as an adult. Based on her own breakthrough, she created “Goodbye to Shy,” the first online course to help shy people gain social skills and experience the joy of speaking freely.

Kim’s goal is to help other shy people gain the social skills they need to overcome shyness, recognize their unique gifts, and face each day with renewed optimism and grace.

Learn More About the “Goodbye to Shy” online course at www.goodbyetoshy.com

Sample Interview Questions

For Kimberly Floyd

Creator of the Goodbye to Shy Online Course

1. How did you come up with *Goodbye to Shy*? (**Answer Takes 1 minute**)
2. What makes this course different than other shyness or anxiety resources out there? (**30 seconds**)
3. What is the difference between shyness and introversion? (**1 minute**)
4. What is the difference between shyness, social anxiety, and social phobia? (**1 minute**)
5. What are some mental attitudes that keep people trapped in shyness? (**1 minute**)
6. What is a quick tip that shy people can use to become more comfortable with others? (**30 seconds**)
7. How can shy people relax when an anxiety storm hits? (**45 seconds**)
8. How can a shy person become more confident? (**30 seconds**)
9. In what ways can a shy person make more friends? (**1 minute**)
10. What are some topics shy people can use to initiate small talk? (**30 seconds**)
11. How can shy people become more comfortable with public speaking? (**30 seconds**)
12. How can a shy person become more assertive with others? (**1 minute**)

To Schedule an Interview,
Contact Kim at
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