



## The Public Speaking Boot Camp

(With video feedback and coaching)

### Learn to Speak with Clarity, Full Engagement and Project Confidence in Front of Any Size Group

#### Testimonials

"Valuable communication tools that apply in our PlayStation media campaigns... fresh, entertaining, educational and high value." Ryan Bowling, PR Manager Sony Play Station, Foster City, CA

"I thought the Boot Camp was terrific and the coaching provided was superb... I learned a lot and grew a lot and I know that this will have a great impact on my career. I appreciate all your input." Jolyce Ledvina, VP, Track Ware Tech Inc. San Jose, Ca

"I fully utilized everything I've learned so far. I had several filmed interviews, and I wasn't nervous at all!" Sandra C., Public Relations, San Francisco, Ca

"If you want individual attention tailored to your own level of public speaking need, this is the place. Lots of time to practice in a fun and safe environment. " Fabienne Lopez, Entrepreneur, San Francisco, CA

#### About MethodSpeaking

MethodSpeaking is the only public speaking training that includes acting techniques, business skills and coaching technology to eliminate fear and promote public speaking mastery.

- **Acting Techniques:** To reduce anxiety, fear and increase self expression
- **Business Skills:** To focus presentations on measurable results
- **Coaching Technology:** To tailor and individualize feedback for your own personal style

Expert instruction lead by two national speakers and certified coaches

**The Public Speaking Boot Camp** is a one-day intensive, high impact program featuring MethodSpeaking methodology to advance all four sides of your communication skills: Listener engagement, impromptu speaking, message clarity and projecting confidence.

Expert instruction  
Dynamic, hands on and fun exercises  
Immediate feedback and coaching

#### Essential training for all speaking levels

- **Learn and re-enforce** the fundamentals of public speaking and presentation delivery
- Limited Enrollment for 10 participants **for your maximum benefit**
- **Up to 4 video presentation opportunities** for tracking progress through out the day
- Practice MethodSpeaking **Conscious Streaming Process** to advance the ability to think clearly and comfortably on the feet
- Experience and learn the MethodSpeaking **Positive and Constructive Behavioral Feedback** to accelerate speaking improvements
- **Connect with your audience** , create rapport and energize the room using the Three Phase Shift Method of communication
- Learn **to Influence and persuade** others using Anchoring Techniques
- Enhance **natural gestures, vocal variety and presence** with the "All In" Story Telling Technique
- Get **personal coaching** to install effective speaking habits