

KEYS to CONFIDENCE

A coach helps you achieve your dreams by shedding light on your blind spots so you can see more clearly and conquer obstacles that previously you would have avoided or would have made you give up.

Package	Coaching Process & Deliverables	Duration
One	Assessment: What's the real problem? <ul style="list-style-type: none"> • Power • Projection • Presence • Preparation • Tips for improvement 	1 Hour
Two	Skills: What's most important? <ul style="list-style-type: none"> • Objectives and intentions clarified • Confidence building exercises • Articulate core message • Identify obstacles and remove them • Engage change strategy for thinking and managing emotional energy • Tips for Improvement 	3 Hours
Three	Own it: What makes the difference? <ul style="list-style-type: none"> • Connecting with the audience – how integrity and congruence gets results • Leverage nervousness into passion – manage and focus energy • Stage practice and mental rehearsal • Critique on content and style • Tips for Improvement 	2 Hours
Four	Going Live: What makes it real? <ul style="list-style-type: none"> • Live presentation attendance • Cheerleading • Follow-up critique and next steps • Tips for Improvement 	2 Hours

Claim Your Voice ~ Claim Your Power: Keys to Confidence

Patty Shortreed MSOD - Workshops ~ Coaching ~ Presentations

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