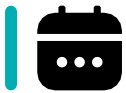




The Speaking Edge:

The Formula for Speaking with Confidence so People will Listen

Public speaking can feel like standing on a tightrope—one wrong step, and you think it's over. But here's the truth: most people won't even notice your mistakes unless you point them out. Studies show that anywhere from 28% to 75% of people experience anxiety about public speaking—but fear shouldn't silence your voice. Confidence is the game-changer between a forgettable speech and one that commands attention. In this program, you'll learn how to manage nerves, use pauses to your advantage, and recover smoothly when things don't go as planned. Whether you present to large crowds, respond to media interviews, or lead meetings, this course will help you own the stage, deliver with impact, and keep your audience engaged.



Every week is an opportunity to practice your presentation and try new skills. It's about progress. Not perfection.

- **Week 1:** Introduce the program, review your self-assessment, and What Makes You Unique
- **Week 2:** Addressing Fears, Confidence Blockers, and Getting Comfortable in Front of an Audience
- **Week 3:** Learn how to Structure your message. Practice using a Presentation Template and Audience Profile.
- **Week 4:** Learn the importance of Presence and how you show up. Give feedback on peer recorded videos.
- **Week 5:** Learn how to Engage your audience and keep their attention. Learn what to do and what to avoid.
- **Week 6:** Learn how to Articulate and say what you mean through words, tone, pace, pitch, and body language.
- **Week 7:** Learn how to Keep Your Message Concise to say more with less using stories, and simplifying complex ideas.
- **Week 8:** Deliver/record your final presentation!



BOOK TIANA

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This program is designed for individuals who want to elevate their speaking presence, from the virtual office to the boardroom.

Who Should Attend:

- Individual Contributors
- Media or press contributors
- Facilitators
- Presenters
- Executives

Learning Design:

A facilitated learning design where learners grasp the concept then practice in class and within groups. Learners will be given assignments before and after class to reinforce learning.

Learning Format:

**All classes are virtual, 60-minute sessions. For in-person sessions, please email tiana@tianasanchez.com*

- One on one
- Small groups of 6-25
- Large groups 25+



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