

ON POINT SPEAKING



MEET YOUR INSTRUCTOR

VANESSA WASCHE is a communication coach and the founder & CEO of On Point Speaking. For years she has trained executives, entrepreneurs, and emerging leaders to take control of their careers by sharpening their presentation skills and refining their communication. Her corporate clients include: Microsoft, 3M, The United Nations, Medtronic, Target, Nissan, and Amazon. Vanessa's writing on communication has been featured in Fast Company and she regularly posts helpful communication tools and tips on the onpointspeaking.com website.

MANAGING PUBLIC SPEAKING ANXIETY

You may have taken on a new role that requires more visibility, or you are a seasoned speaker. Regardless of the situation, nerves can cripple your confidence. Board presentations, meetings with upper-level management, and even one-on-one conversations can induce tension.

Although public speaking anxiety is a natural and normal occurrence, this class offers straight-forward tools and strategies to refocus your nervous energy into positive action and results. Discover how to *manage* nerves before and during your speaking opportunities.

DELIVERABLES

- Habitual tools that will set you up for success every time you present
- Understanding diaphragmatic breathing to reduce tension and anxiety
- Awareness of your "inner coach" - how to talk to yourself to succeed when talking to others
- Ability to "reset" in the moment after a mistake, even when the stakes are high.
- Power of giving yourself "permission of time"

WHAT TO EXPECT

- A supportive class environment
- The opportunity to practice with the peers
- Instant feedback in a constructive and enjoyable atmosphere
- No preparation required



If you need additional information to help justify your participation in On Point Speaking's Storytelling for Business Masterclass, please contact us at info@onpointspeaking.com or **844-484-4462**.