

# WOMEN'S VOICE POWER WORKSHOP

*For the graduates of the Commanding Presence Workshop*



***This one-day workshop is for my clients who want to improve the power, tone & clarity of their voices and get more enjoyment from speaking.***

Is your voice quality important to your professional credibility and career advancement?

Would you like to develop a stronger, more engaging and more authoritative voice?

Do you have vocal habits or speaking anxiety that you would like to be free of?

Come to the Voice Power Workshop to improve your voice quality and learn how to relax under pressure.

**"I found the workshop very helpful to work through the practical example of a real meeting situation and could do that over and over again to gain skill there. I would absolutely find benefit to another session."**

*Tricia Burbidge, CPA  
Lutherwood*

# WOMEN'S VOICE POWER WORKSHOP

## CONTENT OUTLINE

### BUILDING ON YOUR SUCCESS

*Your coach knows you - and your voice*

- Completely eliminate “those habits”!
- Choose your strengths to build on
- Go further towards your full potential

### CHOOSING YOUR IDEAL OUTCOMES

*Knowing you will be successful, set your Personal Goals*

- Give voice to your unique personality
- Target specific listeners and audiences
- Focus on presentations that you must do well to advance your career.

### LEARNING “BEST PRACTICES”

*You will enjoy a wide range of voice exercises and simple practices.*

- Learn to use the practices that you enjoy
- Daily habits to build your confidence
- Learn how to measure your progress

### PLANNING FOR CONTINUOUS IMPROVEMENT

*This is not a “one-time” event.*

*You can continue to improve for months and years.*

### START THE FIRST PAGES OF YOUR PERSONAL SPEAKING JOURNAL

- Find and develop materials to support your work

### ONGOING SUPPORT

- You will receive regular updates by email
- Attend a second Voice Power workshop at half price. Then you may attend any future Voice Power workshop for a nominal fee.

### HOW IS YOUR VOICE QUALITY?

#### THE SEVEN DEADLY SINS

Of all the vocal issues these are the ones which are most damaging for any professional.

- Talking too fast
- Using filler (“Umms” and “ahhs”)
- Voice is too quiet
- Sounding too young
- Sounding “artificial”
- Sounding “nasal”
- Talking too loudly

We guarantee that you will be able to eliminate any of these problems that you may have.

#### WHEN YOU SPEAK, HOW WOULD YOU LIKE TO SOUND?

- Clear and concise
- Relaxed and strong
- Confident and friendly
- Mature and reassuring
- More energetic and enthusiastic

If you are committed, we guarantee that you will be successful.

### WHICH OF THESE ARE YOU STILL EXPERIENCING?

- Shortness of breath
- Flushing and blushing
- Sweaty palms
- Trembling and shaking
- Nausea
- Unable to sleep before speaking events

### ARE THESE THE QUALITIES YOU WOULD LIKE TO HAVE?

- Calm and focused while speaking
- Relaxed and well rested
- Looking forward to speaking

### THE ULTIMATE VALUE OF SPEAKING

- A vital source of physical energy, emotional strength and intellectual stimulation.
- An essential learning tool
- Defining and distinguishing your life's work and personal achievements.



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# Workshop Agenda

## MORNING SESSION

### INTRODUCTION

- “From this day forward you will be a better speaker”

### COMMANDING PRESENCE IN MEETINGS

- How to think on your feet and respond eloquently and persuasively
- Creating your own library of eloquent and persuasive statements
- How to speak powerfully in meetings

### Break

- Preparing for meetings
- Advanced listening skills
- Preparing persuasive presentations

## AFTERNOON SESSION

### AWARENESS, ENGAGEMENT & PLEASURABLE PRACTICE

- Relax & free your voice
- Warmth, energy and clarity
- Thoughts, feelings and emotions

### Break

### COMMUNICATE CHARISMATICALLY Speaking In a Compelling & Authentic Manner

- Speaking superbly from text and notes
- Mastering eye contact
- Command attention every time you speak

### End of Seminar





## WOMEN'S VOICE POWER WORKSHOP

### Ways to Register

**Online**  
**commandingpresence.com**

**Fax**  
Download a registration form at  
commandingpresence.com and  
fax to **416-968-6770**

**Email**  
Download a registration form  
and email to:  
**office@commandingpresence.com**

### Bring Voice Power In-House

*Exclusive, customized program*

#### STREAMLINE YOUR DECISION PROCESS

The **Commanding Presence  
Discussion Package** including the  
Voice Power Workbook and a  
Sample Contract will be delivered  
to you immediately.

### Your Coach

John Plank is one of the most highly qualified and respected communications coaches in North America. He has twenty years of experience in the corporate, public service and legal professions. He is a performance coach for CBC Radio and Television.

John coaches lawyers, accountants, senior executives, national leaders, and other professionals, in the United States, Canada and the United Kingdom.

He has a Master's degree in voice and speech and was director of actor training at the Stratford Shakespearean Festival.

John is the creator of the internationally acclaimed Commanding Presence™ training programs which are accredited by the American Bar Association.



### What Participants Say:

"In the few weeks since the workshop, I have already noticed a difference in the way I communicate. I also enjoy the breathing exercises as much for the relaxation as for the voice improvement. I realize how much more effective the deeper, stronger voice is."

Virginia Dailey  
Hopping Boyd Green & Sams LLP

"I believed that some people were just blessed with powerful voices and commanding personalities. John taught me that, with practice, I could strengthen my voice and project my full confidence in meetings and presentations. I am now well on my way to becoming one of those people who gets her ideas heard and doesn't shy away from public speaking opportunities."

Katrina Doktor  
Brampton Library

I am working on all the suggestions you made during class. I am amazed at how I am able to project my voice with so little effort."

Anji Allen  
Lofranco Chagpar Barristers

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