

# A

# AUDERE

CONSULTING

---



## 12-WEEK EXECUTIVE SPEAKING EXPERIENCE

Coaching tailored to you and your goals.

Created By Christina Marie  
Founder, Audere Consulting

---

### **Session 1: Understanding Goals and Assessing Current Skills**

- Introduction to the program and establishing expectations.
- Self-assessment: Identifying strengths and areas for improvement in communication.
- Goal setting: Defining specific targets for collaboration, communication, relationship building, confidence, and message clarity.

### **Session 2: Foundations of Effective Communication**

- Exploring the fundamentals of effective communication.
- Verbal and non-verbal communication: Understanding their impact.
- Active listening techniques and their role in collaboration and relationship-building.

### **Session 3: Enhancing Confidence in Public Speaking**

- Techniques for building confidence in speaking.
  - Overcoming stage fright and nervousness.
  - Practicing confidence-building exercises and techniques.
-

# AUDERE

## CONSULTING

---

### **Session 4: Crafting Clear and Concise Messages**

- Principles of crafting clear and concise messages.
- Strategies for eliminating jargon and unnecessary information.
- Practice sessions for delivering clear and impactful messages.

### **Session 5: The Power of Storytelling in Communication**

- Understanding the impact of storytelling in speeches and presentations.
- Structuring narratives to engage and inspire.
- Crafting and practicing personal or business-related stories.

### **Session 6: Building Collaborative Communication Skills**

- Techniques for fostering collaboration through speech.
- Role-playing exercises focusing on collaborative communication.
- Identifying and overcoming communication barriers in team settings.

### **Session 7: Advanced Techniques in Persuasive Communication**

- Understanding persuasive communication strategies.
- Developing the ability to influence through speech.
- Role-playing and practicing persuasive techniques.

### **Session 8: Tailoring Communication Styles for Relationship Building**

- Recognizing different communication styles and their impact on relationships.
- Adapting communication styles for different personalities.
- Practical exercises for building rapport through speech.

### **Session 9: Non-Verbal Communication and Body Language**

- Understanding the significance of body language in communication.
- Techniques for positive body language and gestures.
- Practice sessions focusing on aligning verbal and non-verbal communication.

# AUDERE

CONSULTING

---

## **Session 10: Improving Presentation Skills**

- Enhancing presentation skills for impactful communication.
- Structuring compelling presentations.
- Feedback and refinement of presentation techniques.

## **Session 11: Addressing Specific Communication Challenges**

- Individualized session addressing specific challenges or concerns.
- Tailored exercises and strategies to overcome personal hurdles.

## **Session 12: Review, Feedback, and Future Development**

- Reviewing progress and achievements against set goals.
- Receiving feedback and discussing areas for continuous improvement.
- Developing a plan for ongoing growth and applying learned skills in professional settings.

This outline offers a structured approach to improving executive speaking skills, fostering collaboration, enhancing communication, and building strong relationships through speech. Adjustments can be made based on individual needs and progress throughout the coaching program.

---

## INVESTING IN YOUR FUTURE

What will your life look like six months from now if you...

Invest in yourself, your team and your future?

vs.

Do nothing and stay in your comfort zone?

*The choice is yours.*

---