

One-to-One Coaching

Personal Guidance for Effective Communication

*'First say to yourself what you would be,
then do what you have to do.'*

Epictetus

Individual Sessions

It is invaluable to have the undivided attention of an expert to help you speak more effectively and with more impact.

We recommend an intensive one-to-one session or a series of sessions tailored to your specific needs.

Simply Speaking provides personalised one-to-one training in all areas of public speaking, presentation skills, voice work and media interview techniques.

Retained Consultancy

We also offer ongoing coaching and consultancy to support your learning and development, enabling you to enhance your skills more effectively.

Investing in this service means you have a personal consultant to coach you regularly and to provide ad-hoc advice when necessary - improving your skills and enabling your expertise to grow.

Your consultant will help you to prepare for presentations, meetings and media interviews and will keep you focused on the best ways to communicate.

Areas of Assistance

- Improving communication skills
- Brainstorming ideas
- Developing a dynamic voice
- Creating successful speeches
- Discussing specific issues
- Clearing up uncertainties
- Using effective body language
- Presenting with impact

'A positive, encouraging experience.'

BT

Consultancy Services

Simply Speaking coaching and consultancy services are available for three and six month periods and can be extended if required.

We offer two options, depending on how seriously you want to present a more professional image and how much time you can invest.

We provide Executive Consultancy (two hours per month) and Board Level Consultancy (four hours per month). Both services include unlimited email contact to help you progress.

While most of our clients opt for face-to-face meetings, we can also work by phone or on Skype.

Executive Consultancy

- 3 months - £1,000
- 6 months - £1,900

Board Level Consultancy

- 3 months - £1,900
- 6 months - £3,700



**To book now, call
08456 800 456
or visit www.simply-speaking.co.uk**