



## REVOLUTIONIZE YOUR VOICE

Our progressive approach to **professional development** arms employees with effective communication skills through **interactive**, on-your-feet training programs designed to transform staff members into **spokespeople**.

Handcrafted for **individuals** and **groups**, we provide personalized, **in-the-moment feedback** tailored to each voice in the room—from entry-level to the C-suite—to help your staff improve business communication and presentation skills.



### WHY IT WORKS

Companies with most effective communication report **47%** higher returns

**70%** of engaged employees understand clients' needs better

Words account for only **7%** of the impression you make

**"It was totally energizing and SO hugely helpful"**

Jessica Mack, Sr. Director

**"I feel more confident and capable leading and presenting"**

Alexis Sypek, Manager

**"It really felt like it was crafted for me."**

Columbia MBA Student

**"Was a great team-building exercise!"**

Amy Rothberger, Manager



### We are Leah and Jackie

We don't tell you what to say or how to say it. We give you tools tailored for your voice so you can make **powerful verbal and physical choices** on your own.

Friends who met in acting school a decade before, we channel years of **professional theater experience** into adapting techniques to improve public speaking and professional communication skills.



## GROUP TRAINING OPTIONS

Communication is a skill and like a muscle, it takes time to train and strengthen. In concert with company leadership, we develop a comprehensive training plan for individuals and groups designed to systematically empower communication and presentation skills for the long-term.

### Presentation

*1-1.5 hours | 10-500 participants*

An overview of the Bespoken method and a discussion of the vocal and physical techniques that enable participants to improve public speaking and communication and presentation skills. Throughout the discussion, participants collectively practice tools engineered to help them to have presence, diffuse nerves and ingrain effective communication skills for the long-term.

### Interactive Workshop\*

*1.5-6 hours | 4-16 participants (16+ participants requires 2nd trainer)*

This interactive, on-your-feet professional development experience provides a deep-dive into the Bespoken method and is designed to ingrain effective communication skills for the long-term. Participants receive a hands-on practicum in vocal and physical technique that will position them to have presence and improve professional communication and presentation skills. Receive in-the-moment, personalized feedback and leave with improved understanding of how the power of tone, breath, physicality and presence can empower them and their story. Participants improve communication and presentation skills in a safe space with a trusted outside eye by watching each other incorporate feedback that is personalized for each voice in the room.

*\*Requires a space that is private, quiet, enclosed and allows for all participants to stand in a circle.*

### Group Coaching

*1-3 hours | 6-30 participants*

Each participant receives in-the-moment, personalized feedback following presentation of previously prepared material—a presentation or speech, a personal story, an elevator pitch, etc. Spot coaching will focus on identifying unconscious behaviors, diffusing nerves, and how to have presence to ingrain effective communication skills for the long-term. Participants improve communication and presentation skills in a safe space with a trusted outside eye by watching each other incorporate feedback that is personalized for each voice in the room.

*Note: Participants should come prepared with a two-minute excerpt of a presentation or speech, a personal story, an elevator pitch, etc.*

### TAKEAWAYS

- Articulate your message
- Identify unconscious behaviors
- Improve vocal command
- Build physical presence
- Diffuse nerves
- Command a room
- Improve active listening

### WORKSHOPS

- Public Speaking + Presenting
- Physicality + Presence
- Unconscious Behaviors
- Interviews + Meetings
- Vocal Command + Control
- Preparation + Practice
- Collaboration + Listening
- Leadership
- Women Empowerment

### Add-On 1:1 Training

Select participants receive one-on-one coaching and feedback on previously prepared material. Each participant receives 20 minutes of private instruction designed to reinforce tools learned in the group session around how to speak in public and to have presence.