

# NANCY MALOY



MANY YEARS OF TEACHING, PERFORMING, AND THE STUDY OF VARIOUS MINDFULNESS DISCIPLINES GAVE ME INSIGHT ON WAYS TO CHALLENGE PERCEPTIONS OF OURSELVES IN ORDER TO GAIN CONFIDENCE.

**NANCY MALOY** is a speaking coach, educator, actress, director and mother. She has produced, directed, taught, written, performed, consulted and led workshops for adults and children of all ages and backgrounds over the past 25 years.

## RECENT PROGRAMS:

Yale University | Woman's Initiative  
Montefiore | Albert Einstein  
Fordham University | School of Business  
Convent of the Sacred Heart  
Non-Profit Westchester  
Thieme Publishers  
United Way

# REAL PEOPLE, REAL IMPACT

Thank you for a wonderful public speaking class experience. I never expected to be writing those words because I'm so afraid of speaking in public. Your encouraging way of getting us to speak in a supportive environment was much appreciated. The relaxing, breathing and pausing techniques all helped me to do a better job with my speeches.

M. P.

You also have such a gift for setting people at ease and creating a safe and creative environment. In short, "Speak up, Speak out" was fantastic. What a gift, helping all of us to face down that fear, and work towards reclaiming the natural power of our own unique voices! And your personal story of overcoming debilitating shyness is an inspiring one.

G. H.

SPEAK UP. SPEAK OUT  
WITH CONFIDENCE

WWW.CONFIDENCE-SPEAKS.COM  
nmconfidencespeaks@gmail.com  
914. 552. 1963

# SPEAK UP

# SPEAK OUT

WITH  
CONFIDENCE

LEARN SPECIFIC TOOLS AND TECHNIQUES TO HELP YOU DELIVER YOUR MESSAGE CLEARLY, AUTHENTICALLY, AND WITH CONFIDENCE.

# NANCY MALOY

WWW.CONFIDENCE-SPEAKS.COM  
NMCONFIDENCESPEAKS@GMAIL.COM  
914 • 552 • 1963

# SPEAK UP, SPEAK OUT WITH CONFIDENCE

**DISCOVER**  
AUTHENTIC VOICE

**GAIN**  
CONFIDENCE

**CONSTRUCT**  
CLEAR COMMUNICATION

AS CULTURAL BOUNDARIES MERGE AND THE IMMEDIACY OF TECHNOLOGY MOVES US IN EXCITING NEW DIRECTIONS, THE NEED FOR STRONG PUBLIC SPEAKING AND INTERPERSONAL COMMUNICATION SKILLS INCREASES.

## TAILORED TO FIT YOU.

WORKSHOPS COME IN ALL  
SHAPES AND SIZES.

SPEECHES • PRESENTATIONS • LECTURES  
EMPOWERING WOMEN • ANTI-BULLYING  
INTERVIEWING • BUSINESS

SESSIONS ARE CREATED  
TO PERSONALLY AND  
EFFECTIVELY ADDRESS  
YOUR NEEDS THROUGH  
HANDS-ON, INTERACTIVE  
TOOLS FOR SUCCESS.

ELEVATOR PITCH

CHALLENGING CONVERSATIONS

CROSS-CULTURAL COMMUNICATION

## FIVE ELEMENTS

DESIGNED TO GIVE YOU  
THE TOOLS TO COMMUNICATE  
WITH EASE AND CONFIDENCE.

### FEARFUL TO FEAR...LESS

Relaxation exercises that reduce stress levels.

### PAGE TO PODIUM

Hone writing skills and develop your own  
unique writing style that will engage  
your audience from start to finish.

### YOU ARE THE MESSAGE

Fine-tune your body and voice to deliver  
your message with expression and clarity.

### THE ART OF LISTENING

Develop techniques that improve your ability  
to listen to both verbal and non-verbal cues.

### LIGHTEN UP

Play! Tools of improvisation help the  
brain become more fluid, an essential  
skill for keeping your cool under pressure.

## DESIGN YOUR PROGRAM:

A ONE TIME EVENT, OR  
MULTI-SESSION WORKSHOP,  
FIND WHAT'S BEST FOR YOU:

### ONE-ON-ON SESSIONS

Work individually on a particularly pesky area,  
whether relaxation techniques, organizing a  
speech or how to project an empowered you.

### WORKSHOPS

An introduction to the powerful tools that can  
take you from timid to tremendous. Audiences  
from all walks of life will gain an understanding  
of how to harness their personal potential.

### ON-GOING CLASSES

Customized to reach your groups' objectives;  
working individually, in pairs, in small groups, or  
in a large audience setting.

### CUSTOM EVENT

Event-specific workshops, presentation or  
series to fit your needs