

For questions and more information, contact
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CONFIDENT SPEAKING SKILLS

(YOU DON'T HAVE TO APOLOGIZE!)

FOR WOMEN IN STEM

*ASK US ABOUT THE POSSIBILITY OF USING YOUR HEALTH BENEFITS



5:15 PM – 6:45 PM EST
via Zoom



4 week program

- Jan 31, 2023
- Feb 7, 2023
- Feb 14th, 2023
- Feb 21, 2023



\$595

- *small-group training*
- *skills-measurements*

REGISTER NOW

About Your Instructor...

See next page for lesson plan



BONNIE GROSS BA, DSPA, SLP

Bonnie is an award-winning Speech Pathologist with over 30 years of experience. Using the SpeechScience method, she has been creating innovative speaking-skills programs with outstanding, measurable results . With offices in Toronto and New York, Bonnie has worked with executives and corporations including: *Fortune 500 Companies* such as *IBM Canada, CIBC, BMO, TD Bank, RBC, Schulich School of Business, Ivey School of Business, American Express, Siemens, Cisco Systems, Teachers Pension Plan, United Nations-New York, Loyola University, Procter and Gamble, CPA, and Rakuten Company.*

You Will Learn...

Throughout this multi-level program you will gain speaking confidence following the SpeechScience method. You will learn to define and create a powerful message, and engage your audience with your public speaking; whether you need to lead a persuasive business meeting, or create a compelling speech for any occasion.

Lesson 1

- Learn and Discuss communication problems unique to women – and why they occur.
- Learn to create a strong and engaging public speaking experience for any occasion.

Lesson 2

- Listen to, practice, and analyze intonation techniques that will eliminate monotone, and hold the attention of any audience.
- Listen to and practice the value of a pause, and how to pace yourself to deliver a stronger message.
- Listen, identify, and practice the most effective public speaking techniques of famous public speakers, such as Michelle Obama and Malala Yousafzai.

Lesson 3

- Listen, identify, and practice techniques to eliminate “um”, “up tone”, filler phrases, mispronunciations, mumbling, and other negative speaking habits.
- Learn and practice how to speak with a great voice by improving your voice projection, voice pitch, and vocal resonance.

Remember — everyone is born with a great voice – you just need to learn how to use it!

Lesson 4

- Learn and practice how to greatly reduce your fear of public speaking by using techniques to help you understand where your fear is coming from, and how to handle the issues you fear the most.

