



Shiv Bhardway

COMMUNICATION MENTOR
FOUNDER AT SPEAKWITHSHIV

SERVICE OFFERING

www.speakwithshiv.com

The BPM Formula

EASY 3 STEPS TO CONQUER THE STAGE FEAR



I am sure a lot of us get a very high heart rate when we get to speak on stage in front of a crowd. When we feel nervous, our heart's BPM (Beats Per Minute) goes through the roof because our heart is pumping lots of blood anticipating a flight or fight response.

I have spent countless hours in getting better at the art of public speaking but my BPM still goes up when I speak, however I have channeled all that extra energy and adrenaline to feel excited about public speaking instead of nervous.

Through my research and personal experience I have boiled it down to 3 simple steps that anybody could use to get better at public speaking. I call it the BPM formula which stands for:

- B** | BODY LANGUAGE & VOICE MODULATION
- P** | PRACTICE 101
- M** | MINDSET

I run a 60 minutes workshop that can be both Face to Face or virtual where I share the above 3 points in depth. I will love to present the BPM workshop at your conference, university or company. Please write to me at speakwithshiv@gmail.com

Shiv

WHY DO I WANT TO RUN A PUBLIC SPEAKING WORKSHOP FOR YOU & YOUR TEAM AND HOW MY STORY WILL BRING REAL TRANSFORMATION.

I am Shiv Bhardwaj, a 25-year-old Indian living in Sydney. I am an alumnus of University Of Sydney, graduated with a Master of Commerce. Now, I am a digital marketing professional working in one of the biggest advertising agency in the world.

As an individual, I firmly believe in the magic effective communication holds in transforming the world into a better place. My mission is to help humans speak fearlessly on stage and unlock their true potential.

My story is the same as millions of you, I had a big stage fright and very low self-esteem growing up. A victim of school bullying my confidence was on the floor. In standard 10th I had one of the most important days of my life, my English teacher asked me to narrate a paragraph from the textbook and on my way to the podium, my legs started shaking uncontrollably, sweat was dripping down my forehead, my throat was choked, and my heart was thumping so loud that you could hear it. I felt completely incompetent and helpless at that moment. So, I made a pledge to myself that I will work on my public speaking and communication skills no matter what it takes.

Fast forward to the present day, I have spoken in front of crowds of thousands and personally interacted with over 8,000 people of different nationalities in my two years of door-to-door sales experience in Sydney. Along this journey I have passionately done everything to get better at orating. I have given virtual workshops on public speaking at prestigious Indian universities like Delhi University and GGSIPU and trained over 2,000 students.

I run a public speaking workshop called "The BPM Formula" where I train you on the power of effective communication and self-belief.

Workshop details on next page.

A handwritten signature in black ink that reads "Shiv". The script is fluid and cursive, with the 'S' being particularly large and stylized.

Thankyou



3M+ VIEWS



2K+ STUDENTS TRAINED



3K+ FOLLOWERS

Hey there, thanks for reading through my service offering. Please reach out for any questions, feedbacks and collaborations.

I regularly share communication tips and tools across social media, check them out here:

