

THINK CLEARLY, SPEAK WITH INFLUENCE

Do any of these sound familiar?

- Do you feel your heart race when you're asked to speak up in a meeting?
- Do you often get interrupted before you can finish your point?
- Do you catch yourself overthinking every sentence, wishing you could just speak freely?
- Do you replay conversations later, berating yourself for not saying what you meant?
- Do you avoid volunteering opinions because you're afraid you'll stumble?

Discover Your Voice Without Fear

Many talented professionals hold back, not because they lack ideas, but because the pressure of speaking up sparks self-doubt, hesitation, or overwhelm. In this one-day program, you'll learn not just to manage those nerves, but to harness them- turning anxiety into authority, interruptions into opportunities, and unspoken thoughts into memorable messages.



Kristyn Haywood
Facilitator & CEO

For over 20 years, Kristyn has delivered quality leadership education to thousands of managers in Australia and overseas in almost every industry. She has a Master of Business, Advanced Diploma in HR and over a dozen coaching qualifications including Master Practitioner and Trainer in NLP. Kristyn is a highly experienced executive coach, facilitator and key note speaker.

Kristyn has taught hundreds of leaders at every level how to improve their attitude towards speaking and the skills to improve every aspect of speaking with influence.



FRIDAY
12/09/2025



TIME
09:00 - 4:45 PM

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PROGRAM OVERVIEW

Imagine walking into your next meeting calm, prepared, and ready to own the room, even when you're caught off guard. Imagine your colleagues leaning in, listening to every word. That level of confident presence isn't reserved for a select few—it's a skill you can build.

Morning

- Understand the internal and external barriers to confident communication, including overthinking, fear, and unhelpful self-talk.
- Explore the neuroscience of stress and the fight/flight/freeze response when under verbal pressure.
- Learn strategies for staying grounded and present in difficult or unexpected situations.
- Practice frameworks for structuring spontaneous responses clearly and with impact.
- Develop the skills to respond to challenging questions, interruptions, or emotional reactions with empathy and authority.

Afternoon

- Learn how to reframe confrontation as an opportunity, and shift the emotional tone of conversations using language and presence.
- Explore the power of attentive listening, paraphrasing, and respectful challenge to de-escalate tension and build connection.
- Build confidence in using metaphor, analogy, and story to make your message more memorable and meaningful.
- Practice high-stakes communication scenarios with peer and facilitator feedback.
- Create a personal communication action plan to embed tools and techniques into daily work conversations.



Think Clearly, Speak with Influence

01

Calm Under Pressure:

Learn simple neuroscience-backed techniques to quiet your inner critic and stay grounded.

02

Command the Conversation:

Master frameworks that help you structure spontaneous responses with clarity and conviction.

03

Memorable Messaging:

Harness storytelling and metaphor so your ideas stick long after you leave the room.