

Fearless Speaking

1:1 Coaching to Overcome Speech Anxiety

Fearless Speaking is Dr. Gary Genard's unique system for transforming the fear of public speaking into confidence. His approach uses your specific experiences with speech anxiety to craft a customized solution that works for you. Dr. Genard has been helping professionals at all levels overcome their phobia since 2001. You'll learn how to eliminate anticipatory nervousness, negative self-talk, lack of focus, and distracting physical symptoms. Present with poise, purpose and enjoyment at last!

You'll learn how to:

- ✓ Recognize the causes of your speaking fear
- ✓ Gain a sense of relaxation and control
- ✓ Transform your negative thinking into positive self-talk
- ✓ Breathe naturally for relaxation and vocal power
- ✓ Practice mindfulness to stay fully focused
- ✓ Develop greater stage presence and charisma
- ✓ Use positive visualization for successful outcomes
- ✓ Achieve authority and credibility
- ✓ Reduce anticipatory anxiety and nervousness while speaking
- ✓ Think on your feet and handle Q & A with ease
- ✓ Seek out and look forward to speaking opportunities

Format:

10 hours of private coaching customized to your needs with Dr. Genard at our Greater Boston location. Choose from the following three options:

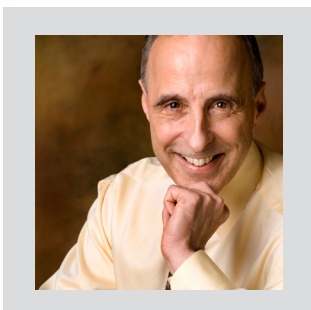
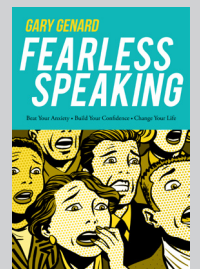
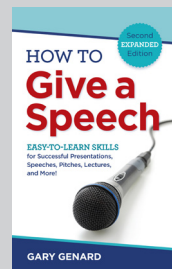
- Eight weekly 75-minute sessions (Standard)
- Four 2.5-hour sessions (Accelerated)
- Two 5-hour sessions on consecutive days (Intensive)



"Thank you so much for your intensive Fearless Speaking program. You took the time to explain every step of our work together so that I can become the speaker I hope to be. I now have an excellent chance to succeed because I'm able to take positive action. When I came to you I had an empty toolbox, but now it's full of helpful approaches and techniques. And for the record: I recently accepted a position that I'd previously turned down because it involved 30 percent speaking. Now I'm going ahead!"

Ragnhild Remoy
Administrative Director
Fiskerstrand Verft AS, Norway

Books by Gary Genard



Gary Genard, Ph.D., specializes in theater-based public speaking training. An actor, speech coach, and communications professor, he works with business leaders and other professionals from private industry, government, and nonprofits worldwide. He is the author of *How to Give a Speech*, and *Fearless Speaking: Beat Your Anxiety, Build Your Confidence, Change Your Life*, and publishes the blog *Speak for Success!*

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