

AH

ANCHORED HUB

HOLISTIC COACHING

Holistic Speaking and Presentation Coaching and Mentoring

PROJECT

Public Speaking

FREE CONSULTATION

DETAILS

PHASE ONE:

The Instrument

PHASE TWO:

The Mess

PHASE THREE:

The Script

PHASE FOUR:

The Performance

OUTCOME

- **The Instrument**
 - Breath/Voice Techniques
 - Body Awareness
- **The Mess**
 - Emotion Expression Techniques
- **The Script**
 - Writing Techniques
- **The Performance**
 - Performance Techniques

"Public speaking techniques are due for a glow up. Our workforces are diverse and it's time our presenting approaches are too."

LENA | CEO

COST*

\$3000

1 DAY TRAINING

\$5500

2 DAY TRAINING

\$150

PER HOUR - PRIVATE

40%

40% of people report public speaking as their #1 fear

100%

Of current public speaking instructors don't address our nervous systems beyond the superficial

70%

Of work requires some form of presenting or public speaking

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ABOUT LENA

Lena is a 20 year professional performance veteran. Opera, theatre, commercials...she's done it all. She is a certified transformation life coach, public speaking coach, trauma support specialist, and somatics coach. 10 year coaching experience.

*Travel expenses are not included.

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