



Speaking With Power



This 150 minute workshop focuses on communication, presentation skills and speaking with confidence. It can be done by Zoom or in-person (if you're outside of a 30 minute drive from Kingston, travel fees will be an additional cost.)

Confident presentation is vital in the workplace, and yet 73% of the population has a fear of public speaking. Using my easy but powerful 4 part speaking system, participants learn how to carry their body effectively to take up space, breathe to stay calm and to support a strong voice, use their optimum pitch to speak with authority and use text mapping to be able to read speeches and presentations while still

connecting with their audience. *This work translates easily between digital and live options.*

It's also easily adaptable to your organization's specific needs. For example, if you serve entrepreneurs, we create and deliver an Elevator Pitch in part 2 of the workshop.

Workshop Specifics:

- 2.5 hours with a maximum of 20 participants to ensure everyone can present and receive feedback. If it's not important for all participants to present, there needn't be a maximum number.
- Each participant will receive the digital 18 page *Essential Public Speaking Notes* workbook (filled with tips, tricks and exercises to build excellent speaking skills) plus my pre-recorded breathing and mindfulness exercises.
- Each participant will leave with a clear understanding of how to present themselves and their work.
- 1st half of the workshop focuses on learning the system, the rest focuses on practising in front of the group with coaching and feedback from me.
- Total investment for workshop + pre-recorded exercises + workbook is **\$3000+tax**.

"Megan is a highly engaging presenter who connects with her audience in a meaningful way. Participants also had the chance to present and received a personal critique from Megan. A valuable learning opportunity for all!"

~ **Kerry Ramsay**, Project Manager, WE-CAN Project



Megan Hamilton is a Speaking, Visibility and Confidence Expert. Her signature 4 part speaking system, built from classical theatre training and 25+ years of performance in theatre and music, allows you to show up with courage and incredible power. She's led workshops in multiple departments at Queen's University, Women in Architecture Vancouver, IG Wealth Management, TELUS Canada, Launch Lab, WE-CAN and several others.

She's the Speaker Advisor for the award-winning TEDx Queen's U, an Executive Coach at Queen's University and teaches sometimes at St. Lawrence College.