

Speak with Conviction !



Roughly 80% of all jobs at all levels today require excellent oral communication skills, yet these skills are not taught in most schools. **Speak with Conviction** is a workshop designed for motivated individuals who want to effectively communicate a vision to direct their life and work.

Speak with Conviction is a two-day workshop that offers concrete steps to more dynamic delivery: better vocal production, clearer diction, and increased charisma with an audience of one, or 1,000. Additionally, practical steps in developing effective presentation content will be covered. **Speak with Conviction** addresses creating **Informative Speeches**, and focuses particularly on the most important and most challenging kind of speech: the **Persuasive Speech**. Also, a new and special section on **Fundraising Speeches** will be covered.

The workshop will be limited to no more than 25 participants, giving each person many opportunities to speak, receiving personal feedback to measurably increase skill level. This fun and educational workshop provides a supportive atmosphere at every level. Part of Sarah Standing's particular teaching gift is her ability to convey constructive criticism in a manner that others can hear. **Speak with Conviction** is a vital component in becoming a more effective communicator.

About Sarah Standing:

Sarah Standing has taught public speaking in colleges, for-profit, and not-for-profit organizations for more than 15 years. Most recently, she designed and delivered a series of four public speaking workshops for Central Park Conservancy, a non-profit organization that raises 85% of the operating costs for Central Park, in New York City.

Other clients include the National Science Foundation Bridge Project, where Sarah teaches team building, new project development, and project presentation. When not conducting independent workshops and trainings, Sarah works as an Assistant Professor at New York City College of Technology. There, she teaches public speaking, voice and diction, and small group communication.



Sarah earned her Ph.D. in Theatre from the Graduate Center of the City University of New York and wrote her dissertation on the intersection of theatre and ecology. She excels at delivering intellectually challenging material in an effective and organized way.

Sarah spent more than 30 years in the theatre as an actor, director and teacher. She has studied voice and speech with some of the world's leading experts, and brings this expertise to her workshops. Her company, Standing/SPEAKING, is dedicated to helping others overcome natural fears of public speaking to become more effective in constructing content and more expressive in presentation and delivery.

What others are saying about Sarah Standing's workshops:

"Sarah Standing is an exceptional public speaking instructor and coach. She developed and conducted a custom multi-session workshop for the Central Park Conservancy's staff in the spring of 2010. I was fortunate to be one of the participants. We all benefited greatly from her innovative and enlightening teaching methods. Because she created a safe and encouraging environment, class participation was high, making the workshop engaging, productive, and fun. At times, we were challenged to step out of our comfort zones, but it was well worth it. We came away with a greater awareness of our unique communication styles and how we can enhance them, practical tools to prepare before and use when speaking in front of groups, as well as much more confidence. I highly recommend working with Sarah."
-- **Andrea Hill, Director of Development and Planned Giving**

"Dr. Standing has a mind, body, and spirit approach to public speaking that is so relaxing and nurturing the only results you can get are good ones. She provides the necessary gentle nudge outside one's comfort zone that results in an immediate and noticeable difference in self-confidence. I walked away from this class with practical exercises for continued improvement and a renewed enthusiasm for public speaking. If fear has been holding you back, this class will set you free and let you soar."
-- **Janet Patry, Human Resources Manager**

"I appreciated the personalization and immense opportunity for growth within the experience"

"Your feedback was extremely accurate and helpful."

"I felt immersed in learning whether I was the one speaking or listening; there was so much to absorb!"

"Should be required for all faculty!"

September 9-10, 2010

Portland, OR – Doubletree Hotel Portland

\$395 TNS Members, \$445 General admission (Lunch not provided)

For more information, contact April.Knudsen@thenaturalstep.org