

## **Speaking in Public**

You've got something to say at a public gathering but your nerves get the better of you.

You need to get your message across clearly and effectively.

But you may find it difficult to express yourself in a group.

Or you may experience 'vocal strain' which if not treated can lead to long term problems.

How do you avoid these issues so that you can get your message across?

I work with people from all walks of life and I am aware of the challenges facing those who need to use their voice effectively.

### **How do we do this?**

- Develop Vocal Awareness (Written)
- Correct Breathing Techniques (Practical)
- Vocal Warm Ups (Practical)
- Breath Supported Speech Exercises (Practical)
- Vocal Anatomy (Basic introduction to speech making mechanism)
- How to avoid vocal strain ( Practical Hints and Tips)
- Speech and Presentation (Practical)
- Basic Body Language (Practical)
- Projection (Practical and Written)
- Impactful Speech (Practical and Written)
  
- Preparing a speech (Weddings, Committees, Trade Unions)
- Pronunciation - Enunciation
- Voice Variety
- Delivering a positive, confident, successful, speech.

This workshop/course is perfect for individuals such as:

Members of business institutions

Wedding Speakers

Committee members

*Certificate of Attendance available*

If you would like to discuss this further, please contact Claudia at [info@anamsound.org](mailto:info@anamsound.org).

[www.anamsound.org](http://www.anamsound.org)

**About me:**

I am a BA (Hons) graduate in English and Italian.

I am a trained teacher, having worked in primary schools in the UK.

I also have a drama and theatre background and I have worked as a jazz vocalist.

Some of the corporate clients I have worked with are:

Morgan Stanley

BNP Paribas

ABN Amro Bank

Randstad Recruitment Agency

The BBC

The Church of England

*Claudia van Buren 2013*