



ONE SCENARIO

Coaching Program

VOCAL DYNAMICS

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WHAT'S IT ALL ABOUT?

This program is designed around one presentation.

You bring the scenario and we help you make the most out of your voice and body-language, for one impactful presentation.

You can use this content again and again.

ONE SCENARIO FIVE SESSIONS

1. GET STARTED

You will get: a full non-verbal assessment of your speaking performance | a preparation guide to get your voice & body stage ready | a video recording of your "before" presentation.

You will learn: pre-performance routine | postural alignment for impactful voice and stage presence.

2. RETHINK BREATHING


You will learn: breathing patterns to lower anxiety | breathing patterns for efficient and impactful voice | exercises to build stamina.

You will get: exercises for home practice to improve stamina, vocal quality and a performance-ready mindset.

3. ALL ABOUT THE VOICE

You will learn: how to use your voice with impact, clarity and minimum effort | how to vary vocal parameters to bring out your message effectively.

You will get: an "Expression Tool Box" adapted to your presentation | pre-performance routine including vocal warm-up.



4. ALL ABOUT THE BODY

You will learn: the basics of Body-Language | Effective use of hands to bring clarity to your content.

You will get: a Body Language presentation card so you can evaluate your own progress independently.

5. TEST & TUNE

We test the scenario and assess the progress made. You get to see the "before and after" video, as well as comparing the non-verbal analysis of the first and last session. We take of any details that might need attention, and send you off with suggestions of steps to take your speaking journey even further.

One impactful presentation & knowledge you can use again and again...



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"Preparing for a scary public appearance isn't easy, but with Francisca by my side I felt like I was gaining so much useful experience that I will use again and again. Instead of feeling like hiding, I came away with the techniques and self-belief to enjoy public speaking, making videos and TV appearances."

Nicola Harker, ex-GP & Empowerment Coach

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READY TO MAKE A MOVE?

Book a FREE Discovery Call

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