



IMPACT. INFLUENCE. INSPIRE.

## COACHING OVERVIEWS



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# SPEAK WITH MOXIE

The Art and Science of Delivering Powerful Presentations

## SPEAK WITH MOXIE COACHING

Built upon our eponymous MOXIE methodology, our *Speak with MOXIE* coaching program is designed to make every speaker believe and understand their capability to deliver an unforgettable presentation. Want to learn the same preparation, relaxation, and delivery techniques used by elite performers, athletes, and TED speakers? Then our coaching program is the solution! *Speak with MOXIE* will guide you through the five key components of powerful public speaking to present with executive presence, gravitas, and the ability to move audiences to action.



### COACHING PROGRAM TOPICS

- **M = MOVE YOUR MOUTH**

Strong speakers have strong voices. You will learn simple exercises, from enunciation to emphasis, to obtain vocal executive presence.

- **O = OXYGENATE**

Among the most overlooked and fundamental keys to speaking success, diaphragmatic breathing increases projection, volume and gives the voice a rich texture that commands the space.

- **X = X'CITE YOUR AUDIENCE**

Do you know your power poses? Learn to exude confidence and conviction and connect with an audience with strong body language and warm non-verbal communication skills.

- **I = IT FACTOR**

Charisma. Confidence. Moxie. Whatever you want to call it, some speakers have it, and some don't. At Moxie, we know that confidence comes from rehearsal. We'll show you the bulletproof rehearsal techniques to ensure you put your best foot forward every time you present.

- **E = ENJOY THE EXPERIENCE**

Learn to manage your fight-or-flight instincts. Speaking anxiety is perfectly natural, but the pros have an arsenal of techniques to overpower these ingrained physiological responses, and soon you will too.



## KEY TAKEAWAYS

- Convey vocal executive presence with proven techniques like enunciation, emphasis, pacing, pausing, and tone
- Utilize the full range and power of your voice with breath support and diaphragmatic breathing techniques
- Convey executive presence with powerful non-verbal communication techniques, such as power posing, facial expressions, eye contact, hand gestures, and more
- Understand preparation strategies in order to practice like the pros
- Transform nervousness and speaking anxiety into confidence by learning visualization, mindset and breathing techniques