



IMPACT . INFLUENCE . INSPIRE .

WORKSHOP OVERVIEWS



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SPEAK WITH MOXIE

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Built upon our eponymous Moxie methodology, **Speak with MOXIE** 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 Speak with MOXIE is the solution!

This groundbreaking class combines adult learning theory, key performing arts techniques, and neuroscience to create a hands-on class experience filled with experiential activity. Speak with MOXIE will guide your team through the five key components of **powerful public speaking** to present with executive presence, gravitas, and the ability to move audiences to action.



WORKSHOP TOPICS

- **M = MOVE YOUR MOUTH**

Strong speakers have strong voices. Participants 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

1. Convey vocal executive presence with proven vocal techniques like enunciation, emphasis, and tone
2. Utilize the full range and power of your voice with voice support and diaphragmatic breathing techniques
3. Convey executive presence with powerful nonverbal communication techniques power posing, eye contact, and moving with conviction
4. Understand rehearsal strategies and processes in order to practice like the pros
5. Transform nervousness and speaking anxiety into confidence and focus by utilizing breathing techniques, mindset tools, and speaker warm-ups