



## PRESENTATION COACHING

### *Getting Your Message Across*

Today, there is an increasing importance placed on communication skills. Many individuals continue to experience an uphill struggle with this, unable to communicate their thoughts and ideas effectively. With the onset of rapid technology, the art of *getting your message across* to others is taking a back seat. Yet, more and more companies are placing increasing importance on communication skills.

It has been proven that the fear of public speaking ranks higher than the fear of death! Standing and presenting in front of a group does not come naturally for most. It is an acquired skill that can be made easier through the benefits of presentation coaching.

Can you benefit from the presentation expertise and professionalism of an award-winning keynoter and a respected member of the Canadian Association of Professional Speakers? Here is what fellow speaking colleague said about Canada's Diamond Coach:

*"As a person who has watched thousands of professional speakers on the platform, it is not often that I see a speaker with an original and unique message or who has touched my heart like Adele Alfano."*

**Chris Robertson, 1995 Canadian Association of Professional Speakers (CAPS) Past President**

Canada's Diamond Coach offers value added and creative solutions to your presentation and communication styles through the following presentation packages:

**Executive Presentation Coaching- Mini-Presentation Makeover**

***Go-Team* Presentation Coaching**

**1 on 1 Presentation Armchair Coaching**

Lori Dilorio, a recent graduate of the **1 on 1 Armchair coaching presentation skills** program, had this to say:

*"My biggest fear was speaking in public. Just the thought of having to stand in front of a group of people... terrified me. I would introduce myself at networking groups where the room would go black and I quickly would sit down before I passed out. However, I had just started my own business and public presentations were an important aspect of promoting my business. I had organized a seminar featuring a variety of holistic modalities including my own, Body Talk. I was one of several presenters that were to speak for 45 minutes on their holistic practice. It seemed impossible! But then, I met Adele Alfano. She helped me to plan my presentation, directing me to more effective ways of presenting my information. She coached me on speaking tips, writing the presentation, presenting myself to an audience, how to get the attention of an audience and keep them interested. She encouraged confidence within me. Following Adele's expert advice, I was able to plan and present a powerful interesting presentation. This time, with Adele's help, I stood up, introduced myself and spoke with so much confidence, no one knew I was nervous at all. I look forward to giving many more presentations and am no longer terrified to stand and speak. The trouble now may be getting me to sit down! Thank you Adele for your expert advice and direction". Lori Dilorio [www.bodytalkhealing.com](http://www.bodytalkhealing.com)*

## **EXECUTIVE PRESENTATION COACHING**

An important business tool for any manager is effective communication. In an evolving and changing workplace, we need to adapt to new techniques to getting our message across effectively and succinctly. Managers are no strangers to presenting to staff, other managers and clients. Therefore this all-inclusive mini- package includes a:

### **MINI-PRESENTATION MAKEOVER \$575**

- Communication Personality Assessment
- Two hours of presentation coaching and intense techniques
  - Half hour free follow up consultation

Coaching can be flexible...at your office, your home or off-site.

## **TEAM PRESENTATION COACHING**

Many individuals struggle with presenting and communication their thoughts and ideas effectively. This inability sometimes stands in the way of their career progression. Learning within a group is comforting. This non-threatening environment can accelerate our learning curve by observing each other.

### **GO-TEAM PRESENTATION COACHING \$1500**

**(Up to five staff members)**

- Communication Personality Assessments
- Three hours of presentation and techniques
- Half hour free teleconference call follow up consultation

Coaching can be flexible...at your office, your home or off-site.

## **ONE- TO- ONE PRESENTATION COACHING**

A short armchair coaching session to help you with an upcoming presentation or seminar. Perfect for the aspiring or novice speaker who needs to put the final touches on a presentation. In the comfort of your home, you will receive:

### **ARMCHAIR COACHING \$150 1 TO 1 PRESENTATION COACHING**

- Communication Personality Assessment
- One hour and half presentation coaching and critiquing
- Half hour follow up post presentation consultation session

Coaching can be flexible and customized to your needs. If the presentation is local (Hamilton and surrounding area), for an extra \$100, I will sit in your presentation and take notes and critique the presentation and present it to you in our post presentation consultation session.