

SPEAK FEARLESSLY

- Do You**
- **dread being in front of a group and presenting?**
 - **know you will get so nervous that you'll forget what to say?**
 - **wonder if anyone really understands your message?**

You are not alone! Most people fear public speaking more than death and taxes, and yet in order to be successful in business you must be able to talk confidently about what you do.

Good news! **Speaking with confidence is a skill - anyone can learn** to do it. Here is your opportunity to discover how. Join us for: **Speak Fearlessly, facilitated by Pam Whitman, MA**

During Speaking Circle innovative and highly effective sessions, you will learn how to:

- **Transform self-consciousness** and speaking anxiety into **magnetic presence**
- **Stop using notes or reading from cards** and remember easily.
- **Move through your fear** and **speak Courageously from your Heart**
- **Access your natural passion, creativity and story telling ability**

Here's what people are saying: *"Before Speaking Circles® I was so nervous every time I had to speak that I constantly referred to my notes and barely remembered what I said. At my last presentation I wasn't nervous at all and I didn't even need my notes. For the first time I was relaxed and confident. The members of my networking group said it was the best presentation I had ever given - and it's all because of Speaking Circles."* Jessica Frame, Massage Therapist

"Speaking Circles helped me get to the heart of what I want to share with the world with comfort and ease. It brought me out of myself and that feels joyful." Carole Morton, MFT

"As a motivational speaker Speaking Circles made a real impact in developing my presentation skills. I attended twice a month for 2 years." Mike Robbins, successful Motivational Speaker/Author

When you're done, **you will be able to express yourself with more ease and authenticity.** You'll discover the natural way to establish a warm connection to any audience. Imagine actually being excited about your next speaking opportunity! It's all possible with Speaking Circles.

Been to 'traditional' speakers trainings? Here's a special note for you: If you feel like traditional training is awkward and inauthentic or having your "Ums" counted makes you want to scream, Speaking Circles is perfect for you. This is the most successful and natural approach to self-expression. Try it once and you'll find the secret to pleasurable, dynamic speaking.

Thursdays, 8:45 am – 11, Pleasant Hill
Mar. 18, Apr. 15, May 20, June 24
July 15, Aug. 19

Mondays, 7 pm – 9:00 pm Orinda
Mar. 8, 22, Apr. 12, 26, May 10, 24
June 14, 28, July 12, 26, Aug. 9, 23

Call **925-253-1223**

Reservation required, limited to 10.

REGISTER ONLINE through web site, www.transitionpoint.org



Special: For a limited time your first Circle \$30

\$40/circle or SAVE \$51 8 for \$269 SAVE \$23 4 for \$137

Includes videoing. \$10 one-time fee for flashdrive

Pam Whitman, MA, Speaking Circles® Facilitator
Movement & Performance Specialist, Brain Gym® & RMT®
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