

# Hands On, & FUN

# PUBLIC SPEAKING WORKSHOP

Limited to 5 Participants

Moving audiences is essential to moving your message. This takes a recipe of **engaging content**, **confident delivery**, and the third element of **likeability**. Whether you are a novice or seasoned speaker, this workshop can up your game in front of crowds, public meetings, and presenting to small groups.

**AUTHENTICITY • RELATABILITY • PERSUASIVENESS**



## DATES :

Thurs. Feb. 22<sup>nd</sup> 10-12:30

Sat. Feb. 29<sup>th</sup> 10:30-1

Date Number 3 Time 3

Date Number 4, Time 4

3141 Guido St. Oakland

Coffee & Snacks Provided

\$250 check / paypal  
or \$200 cash

Many public speaking coaches use an “outside in” approach of shooting video and picking apart your performance. This training takes an “inside out” approach that grounds you in your authentic self. The workshop is FUN, hands on, and will NOT feel like work! You’ll learn about:

- Developing engaging content and structure
- Using an authentic voice
- Audience analysis and relatability
- Body language & other non-verbal cues
- Grounding exercises for nervousness

***Happy Speaking!***

**BETH TRIMARCO  
CONSULTING**

[bethtrimarco.com/public-speaking](http://bethtrimarco.com/public-speaking)

*Space limited to 5 people,  
so RSVP ASAP which  
session you'd like to attend*

*Beth Trimarco is a public interest communications consultant specializing in public speaking and message development for nonprofit organizations, foundations, government agencies, and socially responsible companies. Working with everyone from grassroots community members to elected leaders, Beth develops messages and messengers to move diverse audiences and create culture-shifting narratives. She takes a values-based approach with an economic, racial, and gender justice lens.*