

Some of the subjects covered in

***TECHNIQUES FOR EFFECTIVE PUBLIC SPEAKING***

- Overcoming fear of public speaking
- Freeing your speaking voice
- Developing focus and concentration
- Finding the keys to better breath support
- Mastering the Power Stance
- Improving posture and body language
- Strengthening the overall presentation
- Adding interest and excitement
- Defining your own style



FOR MORE INFORMATION ON

***TECHNIQUES FOR EFFECTIVE PUBLIC SPEAKING***

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**TECHNIQUES  
FOR  
EFFECTIVE  
PUBLIC SPEAKING**



***How to Achieve  
Peak Performance***

***An Integrated Approach  
combining  
Voice, Theatre, &  
Communications Skills  
for Public Speaking***

## Are you the best possible speaker you can be?

Whether you are speaking to a small group, on a panel, or in front of a large audience, the way you sound and communicate your message can make all the difference in how your material is received.



In **Techniques for Effective Public Speaking** Linda Kundell combines her extensive experience as a public relations executive and a professional singer, to help speakers achieve peak on-stage performance.

**Techniques for Effective Public Speaking** employs a variety of approaches used by professional singers and actors to:

- ◆ Build confidence on the podium
- ◆ Strengthen vocal projection
- ◆ Improve voice quality
- ◆ Reduce nervous tension

## A Total Approach

*For anyone who speaks in front of a group, whether at a business seminar, professional meeting, civic group, or social event.*

**Techniques for Effective Public Speaking** focuses on all aspects of presenting a lively delivery that will interest and engross your audience. Whether it be corporate shareholders, business associates, potential contributors, sales prospects, or colleagues in your profession, these workshops will take you through the basic steps needed for a successful presentation.

## Five Steps to Better Public Speaking

Individual sessions and programs combine the following steps to help speakers develop and enhance their own personal delivery.

### **AWARENESS BUILDING:**

Discussion and demonstration to recognize qualities of effective speaking.

### **RELAXATION SKILLS:**

Stress reduction methods to free the body, develop mental focus, and improve body language.

### **BREATHING TECHNIQUES:**

Secrets of breath support to increase vocal stamina and help calm nerves.

### **VOICE PRODUCTION:**

Exercises to free the voice, improve vocal quality, diction, and projection.

### **PERFORMANCE PRACTICE:**

Stage presentation to develop confidence on the podium.

## About the Instructor

As a public relations professional and public speaking coach for more than 20 years, Linda Kundell has prepared speeches and presentations for such organizations as the US Tour Operators Association and American Express. She has also served as spokesperson for the US Travel Insurance Association. As head of her own firm, Linda has appeared on radio and TV, and has lectured in the New York metropolitan area.



An accomplished, classically trained singer, she has been heard in solo recitals at Carnegie Recital Hall, Merkin Hall, and other venues throughout New York, as well as in opera and cabaret shows in New York, San Francisco, and Israel. Linda has studied performance technique and participated in master classes with leading teachers in stage and music in the U.S. and Europe.



Linda has conducted workshops for organizations such as the American Museum of Natural History and Action Against Hunger. She also teaches a highly successful public speaking course at New York's 92<sup>nd</sup> Street Y.

As a public speaking coach, Linda offers private training for individuals and small groups. Her students have included executives, bankers, editors, lawyers, educators, medical and other professionals from many walks of life.

Tailored workshops are available for corporations and organizations. Contact us find out how we can take you "from fear to fun!"