

# Public Speaking and Presentation Skills Coaching

Lisa Braithwaite, speaking coach and professional speaker

"Lisa is a fantastically talented coach. Not only does she help you organize, clarify and fine tune your presentation skills, she brings a sense of calmness to a potentially scary topic—public speaking!"

*Susan Hyatt, Certified Life Coach, Ideal Life Design*

"I have been speaking for over 20 years. It is easy to pick up quirks, tics, habits, etc. and not ever notice. But people do notice. Lisa is a great coach and is highly communicative."

*Tony Chimento, Legacy Fellowship*

"Lisa is truly inspirational, authentic and fun! She has an electric energy that ignites her audience."

*Lynn Cederquist, PowerTalk Chair*



## Contact

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Reduce your fears, eliminate negative self-judgments, improve your habits and skills, and develop your own confident, self-assured style as a speaker. With private coaching, you might even find yourself enjoying public speaking!

## Some common issues we may address:

- Confidence
- Preparation
- Fear and anxiety
- Voice
- Organization of content
- Audience interaction
- Facilitation
- Eye contact
- Movement
- Relaxation
- Presentation skills (use of visual aids, materials, training issues)

## Training/speaking topics:

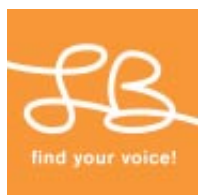
- Build Skills and Confidence: Learn to Love Public Speaking
- Newbie Networking: Make Friends and Build Business Relationships
- Vibrant Visuals: Take Your PowerPoint from Dreary to Dynamic
- Teach an Old Dog New Tricks: Effective Presentations for Adult Learners
- Preparation for Performance: Using Rituals to Create Public Speaking Success

We will partner together in identifying your needs, working toward your goals, and moving forward with the positive results you are seeking.

## Profile

- School- and community-based training, education, and public speaking professional since 1989
- Theater performance background
- Expertise in adult learning principles
- Expertise in communication skills development
- Expertise in program and curriculum development
- Master's degree in Education, UC Santa Barbara
- Bachelor's degree in Theater, Pomona College

Lisa Braithwaite, a Santa Barbara native, worked in the nonprofit sector from 1989 to 2005, developing and implementing programs, curricula, and training materials for local organizations.



Her primary focus areas in the field of training and education have involved public speaking, gender equity, domestic violence prevention, communication skills and media literacy.

She is most proud of her accomplishments with Body Electric, a nonprofit she co-founded in 1997.

