

SPEAKEASYMETHOD

PROGRAM OVERVIEW FOR  
PERFORMANCE ORIENTED TEAMS

SUCCESS STARTS WITH THE RIGHT STRATEGY



# *PROSPECTUS* *SPEAKEASYMETHOD*

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FROM IDEA TO EMPIRE

BY EMILY GREEN



75% OF PROFESSIONALS EXPERIENCE  
SPEAKING ANXIETY

# ***BUILD COMPOSURE, CONFIDENCE, AND CLARITY — WHEN IT MATTERS MOST.***

*Even your most capable people can lose composure  
when the pressure's on.*

A client pitch. A leadership meeting. A high-stakes presentation.

In these moments, logic and preparation aren't enough.  
When pressure hits, the body takes over — the heart races, the mind blanks, the voice tightens.

It's not a lack of confidence — it's biology.

The brain's fight-or-flight response is triggered by perceived social threat, causing professionals to underperform when they most need to shine.

SpeakEasyMethod™ retrains that response — combining neuroscience, cognitive-behavioural psychology, and performance coaching to help professionals stay calm, clear, and confident under pressure.

This isn't just another presentation skills course — it's a method that changes how people feel and perform, through a practical toolkit for use when the spotlight is on.

CLIENT PITCHES

LEADERSHIP MEETINGS & TOWNHALLS

PANELS & KEYNOTES

# WHEN PRESSURE RISES, PERFORMANCE DROPS — AND BUSINESSES PAY THE PRICE.

Even top performers can lose clarity when adrenaline spikes. That loss of composure in critical moments costs businesses

- Missed client and sales opportunities
- Reduced leadership impact
- Lower team collaboration and engagement
- Increased stress and burnout

75% of professionals report feeling performance anxiety when speaking in public or under pressure — but few organisations address it effectively.

SpeakEasyMethod™ helps companies tackle this challenge at its root — building communication resilience, composure, and leadership presence across teams.

PRESSURE TO  
PERFORMANCE



## WHAT ORGANISATIONS GAIN

- ✦ *Communicate with clarity and confidence under pressure*
- ✦ *Stay calm and think strategically in high-stakes moments*
- ✦ *Strengthen leadership credibility and influence*
- ✦ *Experience measurable improvement in confidence and communication performance*



# A SCIENCE-BACKED FRAMEWORK THAT TRANSFORMS PRESSURE INTO PRESENCE.

## 01 MODULE 1: DECODE THE PRESSURE RESPONSE

**Goal: Build awareness and control of the body's natural stress reaction.** Participants uncover how the nervous system triggers “fight-or-flight” during communication under pressure — and how to interrupt that loop before it takes over.

## 02 MODULE 2: REWIRE THE RESPONSE

**Goal: Replace reactive patterns with intentional control.** Through guided visualisation and cognitive reframing, participants learn to detach old fear memories from new performance situations.

## 03 MODULE 3: MASTER THE ADRENALINE

**Goal: Transform nervous energy into focused energy.** Participants use evidence-based breathwork, micro-movement, and self-talk techniques to align adrenaline with performance.

## 04 MODULE 4: COMMAND THE ROOM

**Goal: Build confident presence through voice, tone, and non-verbal authority.** This module blends performance psychology with communication science to strengthen credibility and leadership impact.

## 05 MODULE 5: COMMUNICATE UNDER PRESSURE

**Goal: Apply composure tools in real-world business settings.** Participants rehearse and role-model critical communication moments — presentations, executive updates, negotiations, and client meetings.

## 06 MODULE 6: EMBED LASTING CONFIDENCE

**Goal: Ensure calm and clarity become automatic.** Participants build a personal “SpeakEasy Ritual” and post-program resilience plan for sustained results.

BONUS TOOLS

# OTHER *BONUSES*



## BONUS 1: THE 3-MINUTE CONFIDENCE RESET

A neuroscience-based audio exercise that instantly calms the body's stress response and refocuses the mind before any high-stakes moment — from boardroom to stage.

## BONUS 2: THE PRESSURE-TO-PRESENCE PROTOCOL

A quick, repeatable method combining breathwork, body alignment, and verbal pacing that can be done in under 60 seconds.

Use it in real time to turn adrenaline into clarity and command presence without losing authenticity.

*Use for any high-stakes moment*





# PROGRAM OPTIONS

## *Self-Directed Program*

**FROM \$199**

*per seat*

- ✦ Scalable, on-demand training
- ✦ Flexible & self-paced
- ✦ Repeatable techniques
- ✦ Measurable improvements in confidence and performance

## *Team Cohort Program*

**FROM \$4000**

*per 6–10 person cohort*

**MOST  
POPULAR**

- ✦ Neuroscience-based methods applied through live coaching
- ✦ Structured practice to rewire stress responses in real time
- ✦ Small cohorts for personalised support & rapid progress
- ✦ Tools employees can use immediately in high stakes moments

## *Executive Coaching*

**FROM \$1,200**

*per participant*

- ✦ Targeted support for urgent, high-pressure communication moments
- ✦ Real-time strategies to manage adrenaline and maintain composure
- ✦ Private, high-impact sessions designed for immediate results

Volume discounts and enterprise licensing available.