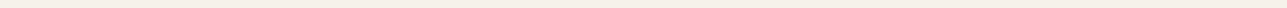


# Vocal Leadership Academy

1:1 COACHING





## 1:1 Coaching Packages

These private coaching options are designed for individuals who want focused, high-impact support to improve a specific presentation, keynote, or communication challenge.

They are ideal for professionals who want strategic guidance, practical tools, and personalised feedback in a concentrated format.

**Book your 30 Min Strategy Call**

*Workshops available as: Online*

*3H | 1H30Min sessions*

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# How the work is structured



## 1. Body & Nervous System

Develop the physical and nervous system foundations that support confident communication. The work includes body awareness, breath, tension release, and practical techniques to help you regulate nerves and feel grounded before speaking.

## 2. Voice & Presence

Strengthen your vocal impact and physical presence through theatre-based techniques. The focus is on vocal clarity, projection, resonance, pacing, pauses, and body language that helps you communicate with confidence and authority.

## 3. Message, Structure & Story

Organise your ideas into a clear and compelling presentation using practical communication frameworks such as Insight to Impact and EPIC. The work includes shaping your core message, structuring your talk, and integrating stories that make your ideas memorable and meaningful.

## 4. Real-Time Communication & Practice

Apply what you learn through guided speaking exercises, improvisation, and personalised coaching. This helps you think on your feet, respond naturally, and build the confidence to communicate clearly in real-world situations.

# 1. Signature Talk Intensive (3 Hours)



## What This Session Focuses On

A focused three-hour online session to help you plan and structure a keynote, presentation, or important talk.

By the end of the session, you will have a clear outline, key stories, and a strategic framework for your presentation. Your talk will be mapped out and ready for refinement and rehearsal.

### What we cover

- Clarify your core message and audience takeaway
- Define your big idea and supporting points
- Identify relevant stories and examples
- Structure your talk using a practical speaking framework
- Shape your opening and closing

### Outcome

You leave with:

- A complete talk structure
- A clear throughline
- Story and content ideas organised
- A roadmap for practice and delivery

**[Booking LINK](#)**

*Workshop available as:  
3-hour online workshop*

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## 2. Communication Accelerator Intensive (3 Hours)

### **Booking LINK**

#### What This Session Focuses On

A practical three-hour coaching session combining embodied voice work, communication frameworks, and speaking drills. This is a condensed version of the Vocal Leadership Academy approach.

#### Session Structure

##### Part 1: Voice and Nervous System Warm-Up

- Guided body, breath, and vocal warm-up
- Grounding and regulation practices
- Exercises to increase vocal freedom and confidence

##### Part 2: Communication Frameworks

Learn three practical frameworks to organise your thinking and communicate clearly.

Examples may include:

- Insight to Impact
- PREP
- EPIC

##### Part 3: Improvisation and Speaking Practice

- Real-time speaking exercises
- Answering questions on the spot
- Personalised coaching and feedback



## 2. Communication Accelerator Intensive (3 Hours)

### Outcome

You leave with:

- Greater confidence speaking spontaneously
- Clear communication structures
- Practical exercises to continue using
- Personalised feedback on your speaking

**[Booking LINK](#)**

*Workshop available as:  
3-hour online workshop*

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## Multi-Session Coaching Packages

### 3. Signature Talk Coaching Package (3 x 90-Minute Sessions over 6 weeks)

For individuals who want guided support to develop and refine a specific presentation.

#### Session 1: Message and Structure

- Clarify your audience and objective
- Build your talk using the Insight to Impact framework

#### Session 2: Refinement and Delivery

- Strengthen stories, transitions, and flow
- Improve vocal delivery and presence

#### Session 3: Practice and Feedback

- Full presentation rehearsal
- Detailed coaching and final adjustments

#### Outcome

A well-structured, compelling talk that feels natural and authentic.

**Book your 30 Min Strategy Call**

*Workshop available as:*

*3 x 90 MIN Online Workshops*

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## Multi-Session Coaching Packages

### 4. Speaking Accelerator Private Coaching (5 x 90 Minute Sessions over 10 weeks)

This package combines voice work, communication strategy, and delivery coaching to create measurable transformation.

#### Session 1: Voice and Communication Assessment

- Baseline speaking assessment
- Identify strengths and growth areas
- Personalised development plan

#### Session 2: Message Strategy

- Build your talk using the Insight to Impact framework

#### Session 3: Story and Structure

- Refine supporting examples and strengthen your message

#### Session 4: Delivery and Presence

- Work on pacing, pauses, vocal variety, and audience connection

**Book your 30 Min Strategy Call**

*Workshop available as:*

*5 x 90 MIN Online Workshops*

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## Multi-Session Coaching Packages

### 4. Speaking Accelerator Private Coaching (5 x 90 Minute Sessions over 10 weeks)

#### Session 5: Final Presentation Coaching

- Rehearse your talk
- Receive detailed feedback and final refinements

#### Outcome

#### You develop:

- A clear and compelling presentation
- Greater confidence and vocal presence
- Stronger storytelling and structure
- Practical tools for future speaking opportunities

### **Book your 30 Min Strategy Call**

### Recommended Add-On

Each private coaching package can be paired with Vocal Leadership's self-paced course, *The Art of Speaking*, for continued practice and deeper learning.

### **The Art of Speaking**

*Workshop available as:*

*5 x 90 MIN Online Workshops*

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## Multi-Session Coaching Packages

### 5. Activated Presence (5 x 90 Minute Sessions over 10 weeks)

This five-session coaching package combines embodied voice work, improvisation, storytelling, and practical speaking tools to help you speak with greater confidence, authenticity, and presence.

You will receive a full warm-up to practise between sessions. Each session focusses on the energy centres of the body called '*Chakra*'

#### Session 1: Listening & Insight

- Vocal and communication assessment
- Listening into silence/pausing
- Clarifying intention and insight
- Exercises to strengthen focus and directness

#### Session 2: Authentic Voice & Heart Connection

- Speaking your message with authenticity
- Connecting to your expertise, big idea, and story
- Emotional connection and vulnerability

*Workshop available as:*

*5 x 90 MIN Online Workshops*

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# Multi-Session Coaching Packages

## 4. Speaking Accelerator Private Coaching (5 x 90 Minute Sessions over 10 weeks)

### Session 3: Boundaries, Vocal Variety

- Boundary work and speaking with conviction
- Rhythm, pacing, and stream-of-consciousness exercises
- Pitch and vocal flexibility

### Session 4: Structure & Grounded Delivery

- Organising your ideas
- Applying a practical communication framework
- Grounded delivery and audience connection

### Session 5: Integration

- Final talk/presentation delivery
- Personalised feedback and refinement
- Practical next steps for continued growth

### Outcomes

- Feel more grounded, calm, and confident when speaking.
- Develop a stronger, clearer, and more expressive voice.
- Speak with greater authenticity, and audience connection.

### **Book your 30 Min Strategy Call**

*Workshop available as:*

*5 x 90 MIN Online Workshops*

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