

STEP UP

Vocal Coaching

WORKSHOP BOOKLET

PUBLIC SPEAKING MASTERCLASS:

Step Up Your Speaking Skills & Confidence.



CONTENT

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- Why Step Up Vocal Coaching?
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HOW CAN PUBLIC SPEAKING COACHING HELP YOUR BUSINESS?

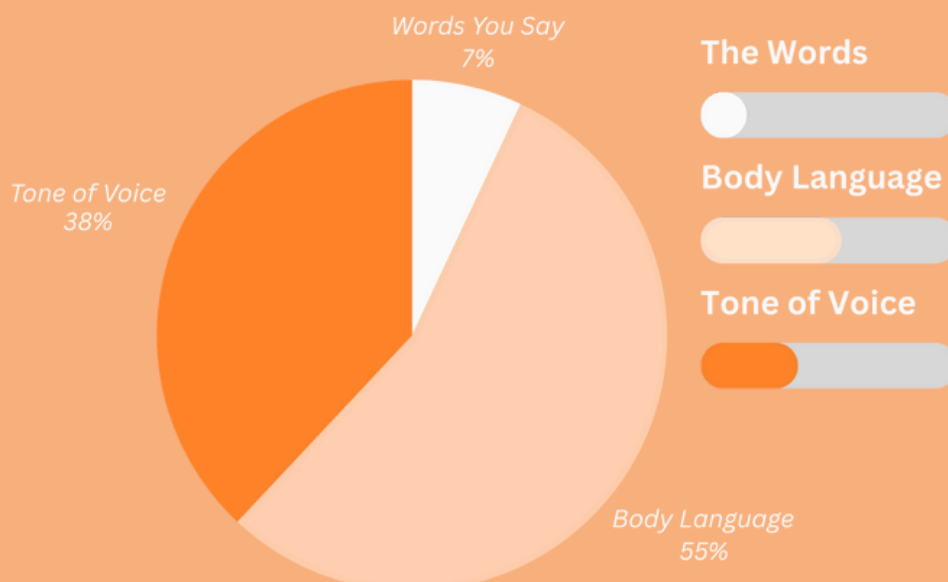
Every day, employees across your organization are engaging in conversations, building relationships, and delivering presentations that directly impact your business's success.

By empowering your staff with the confidence and communication skills they need, you can ensure they maximize the opportunities presented in every interaction.

But don't just take my word for it—research shows that only 7% of communication is conveyed through words alone. YES REALLY! The remaining 93% is shaped by tone of voice (38%) and body language (55%), offering a significant advantage to those who master these skills.

In just one day, your team can learn and apply these powerful techniques, transforming them into confident, engaging speakers, bringing their expertise to life.

COMMUNICATION



WHY SHOULD YOU CHOOSE STEP UP VOCAL COACHING?

Lydia Shaw
Founder & Coach



As a small business, I'm truly invested in making this a fantastic experience for you—one that not only meets your specific needs, but delivers real, lasting results.

I keep things personal and hands-on, working closely with you from our very first conversation, through the booking process, to customizing and delivering a workshop that's perfectly suited to your team.

What sets me apart is my passion for creating a warm, playful and productive space where your team can feel comfortable pushing past their fears and have fun trying something new.

It's not just about learning skills—it's about real transformation. By the end of the day, your team will walk away feeling more confident, energized, and ready to make an impact.

When you choose Step Up Vocal Coaching, you're not just booking a workshop—you're choosing a dedicated partner committed to helping your team communicate with purpose and authenticity.

"Working on my speaking voice with Lydia has been like magic! My colleagues have noticed and commented on the difference in my voice as I deliver workshops and training sessions with authority and clarity."

Ellen Ludlow - MAKE A WISH



www.stepupvocalcoaching.co.uk



THE COURSE

COURSE OVERVIEW

Our 1-day public speaking course at Step Up Vocal Coaching equips professionals with the skills to communicate with confidence, clarity, and impact. This intensive, interactive workshop focuses on enhancing vocal delivery, body language, and presentation techniques to help employees engage and influence their audience.

Throughout the day, participants will have numerous opportunities to practice their skills, experiment with new techniques, and receive constructive feedback. They will gain practical tools to project authority, handle nerves, and deliver messages with authenticity and passion. By the end of the day, your team will feel more confident, empowered, and ready to speak with greater presence in any professional setting.

LEARNING OUTCOMES

By the end of this course, participants will be able to:

- Deliver presentations in a compelling & engaging manner.
- Speak with confidence & impact, conveying passion & authority.
- Effectively use body language to enhance communication & reinforce key messages.
- Utilize their voice to evoke emotion, tell stories and create a deeper connection with their audience.
- Maintain audience interest & engagement throughout longer presentations or lectures.
- Refer to visual aids in a way that complements & strengthens the overall presentation.
- Improve confidence & manage nerves in high-pressure speaking situations.

COURSE CONTENT

TOPIC 1

CONFIDENCE, MINDSET & MANAGING NERVES

We will explore techniques and methods to:

- Build confidence and self-worth ahead of time.
- Develop and sustain a mindset that grounds you and prepares you for high-pressure situations.
- Manage nerves effectively during presentations, addressing both the physical symptoms and psychological hurdles

TOPIC 2

VOCAL TONE & VARIETY

We will cover:

- Vocal Skills – Understanding the variables of voice and building a toolbox of techniques to make the voice more versatile.
- Breath and Vocal Support – How to project and support the voice effectively, and why it's crucial for confident, assertive communication.
- Practice – Opportunities to try out all these techniques in real-time.

TOPIC 3

BODY LANGUAGE

Learn to use

- Body Language
- Gesture
- Facial Expression
- Eye Contact
- Referencing Visual Aids

in order to connect with people, make them feel personally included and welcomed in, and to help them connect with the material.

TOPIC 4

PRACTICAL APPLICATION

Participants will have the opportunity to practice these skills, gaining a clear understanding of:

- how, why, and when to apply them effectively
- how to combine these techniques to build momentum, shape phrasing, and guide the audience on an emotional journey through storytelling
- applying these tools to your own presentations, ensuring they are not only relevant to your day-to-day professional life but also impactful in high-stakes situations.



MEET YOUR COACH



Hi, I'm Lydia!

I'm a public speaking coach specializing in two areas: **VOICE** – using the voice to tell stories, evoke emotion, connect with people, engage listeners, and create impact, and **CONFIDENCE** – developing an unshakeable mindset, boosting self-assurance, and managing nerves in high-pressure situations.

Many people have never had the chance to train their voice and are unaware of the untapped potential it holds.

I feel privileged that my work allows me to witness clients transform before my eyes. That's why this work is so meaningful to me—it's extraordinary that in just a few hours, something someone has feared their whole life can become something they enjoy and excel at.

“Lydia is practical, creative and fun to work with. In just a few hours, she was able to listen, explore new approaches with me and offer valuable guidance that has transformed my ability to present with confidence. I wholeheartedly recommend her.”

Dr Maggie Kirk - Medical Director & Founder at HEALTHBUS



DETAILS & PRICING



Duration

1-Day Workshop

Group Size

8-12 People

Location

Face-To-Face
OR Online (By Request)

Cost

Email us your requirements
to get a quote.

How to book

Email info@stepupvocalcoaching.co.uk
to book a call and let's discuss your needs



STEP UP 
Vocal Coaching

Have any questions? Want to book a workshop?

Email [**info@stepupvocalcoaching.co.uk**](mailto:info@stepupvocalcoaching.co.uk) and let's get a call booked in to discuss how I can help your staff thrive!

[**www.stepupvocalcoaching.co.uk**](http://www.stepupvocalcoaching.co.uk)