

SPEAK UP
★ LIKE A DIVA

WELCOME!

PUBLIC SPEAKING
CONFIDENCE
FREEDOM

A portrait of Shola Kaye, a Black woman with long, curly, light brown hair, wearing a light-colored top. She is smiling slightly and looking directly at the camera. The background is a soft, light pinkish-red color.

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Welcome, I'm so happy you're at this place. I believe you're here because you want to use your communication to take you further. It's time to let your voice be heard and to play a BIGGER game.

Congratulations!

I'd like to get to know you more. You may notice these questions dig deep and it's a requirement because, if you want to push past the surface we first have to get beneath it.

If you've never really thought in depth about your speaking, these questions may feel frustrating as they require you to really think.

This may trigger procrastination, rushing or avoidance. When these emotions come up for you, please know you are normal.

Also, know that this means that you're having a stress response and you may avoid the task to simply reduce the perceived stress.

The truth is, during our work together, you will be sharing more of yourself, becoming more vulnerable and also more visible. This isn't always easy but it's hugely rewarding and can have a massive impact on the quality of the communication with your audiences.

I want to empower you to start breaking up with your fear of being seen and heard, and to fall in love with putting yourself out there as a powerful speaker.

Lastly, I want you to be very honest as this will serve you better.

Write what comes naturally and use your own language.

This is 100% confidential.

Even if you feel you are above this or have done plenty of inner work already, just do it!

NOW IT'S YOUR TURN!

Full name:

Email:

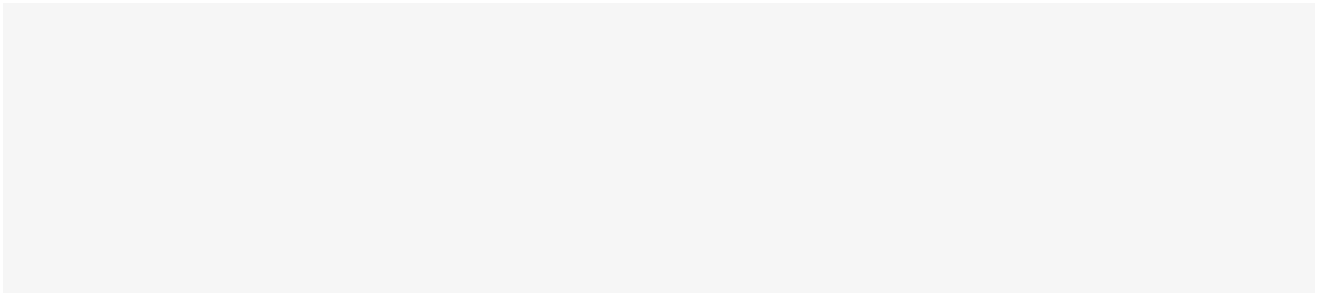
Phone:

Birthday

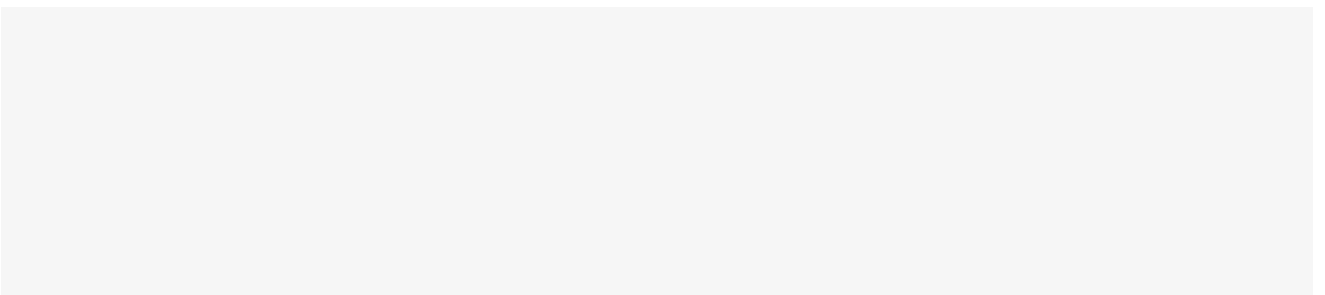
Current living situation:

Do you have any dependents?

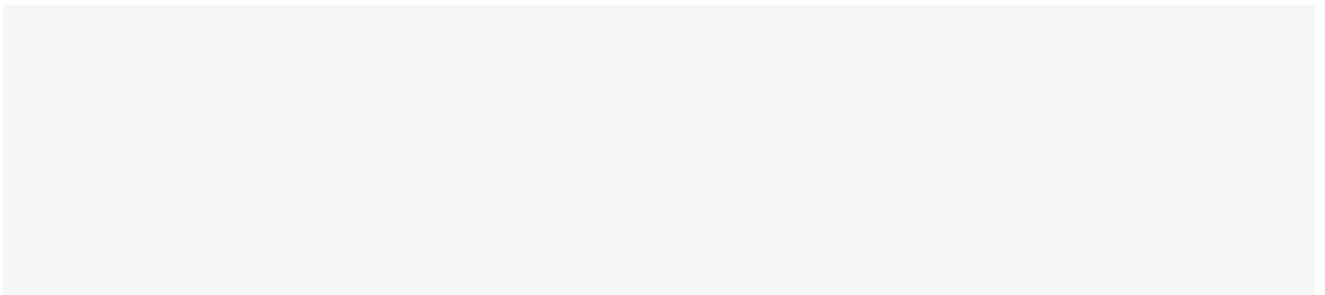
Why did you invest in working with me?



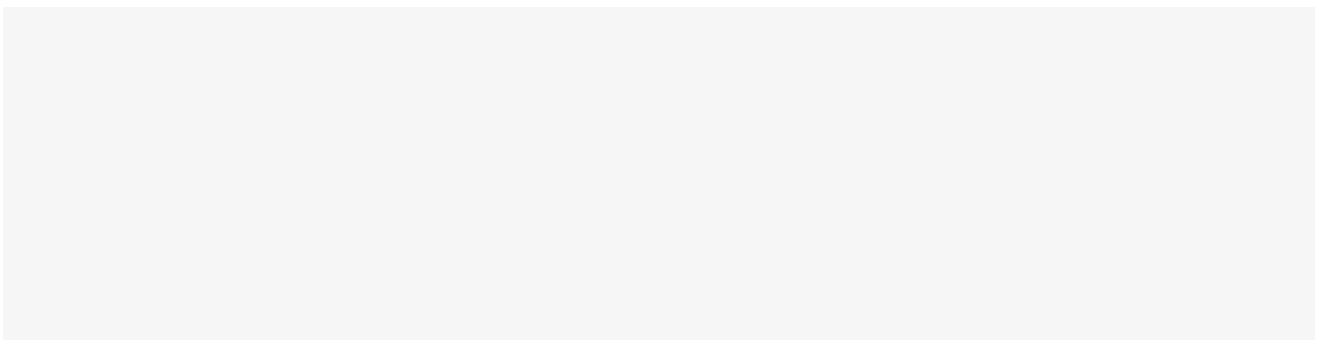
What are your hopes after our work together?



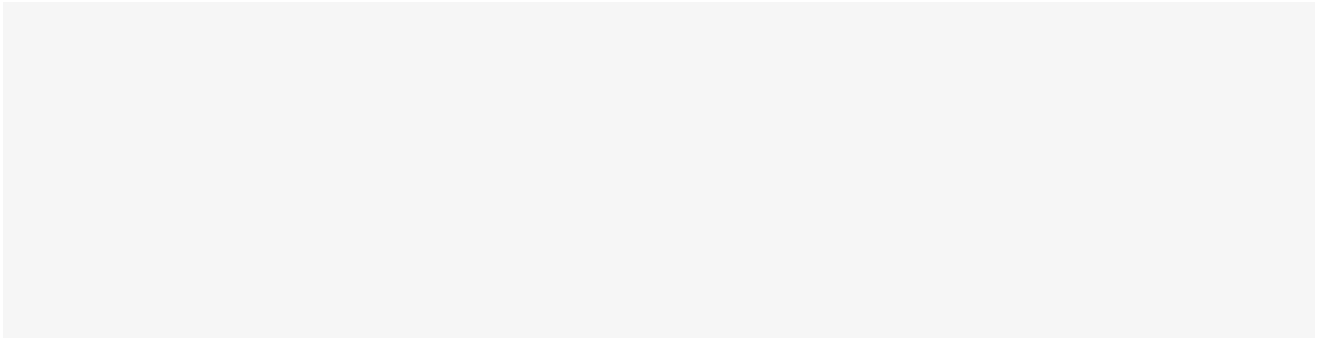
What do you think is going to be the biggest obstacle to your success?



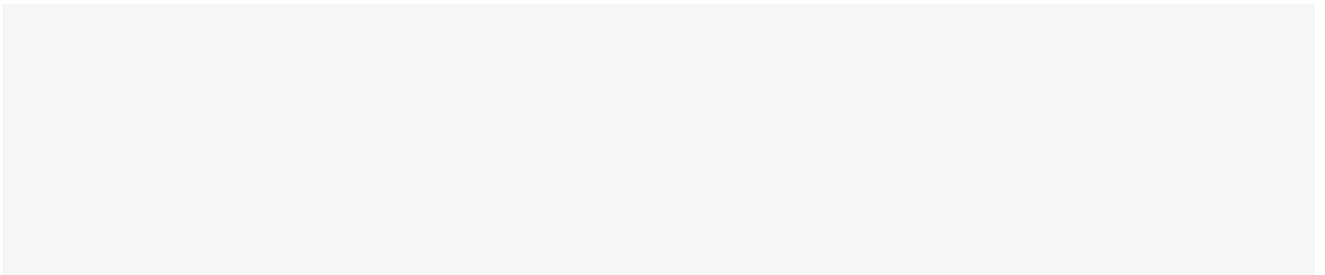
Tell me a bit about your story in a nutshell?



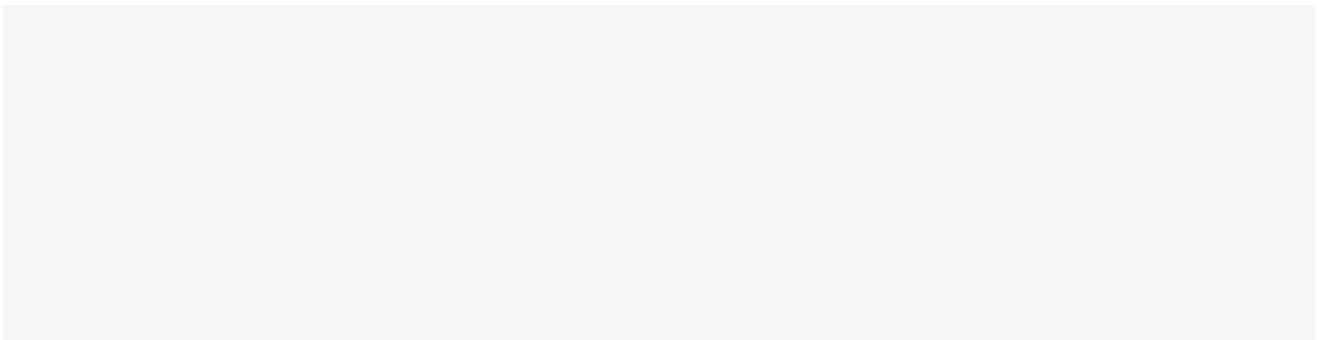
What type of daily habits do you currently have in your life?



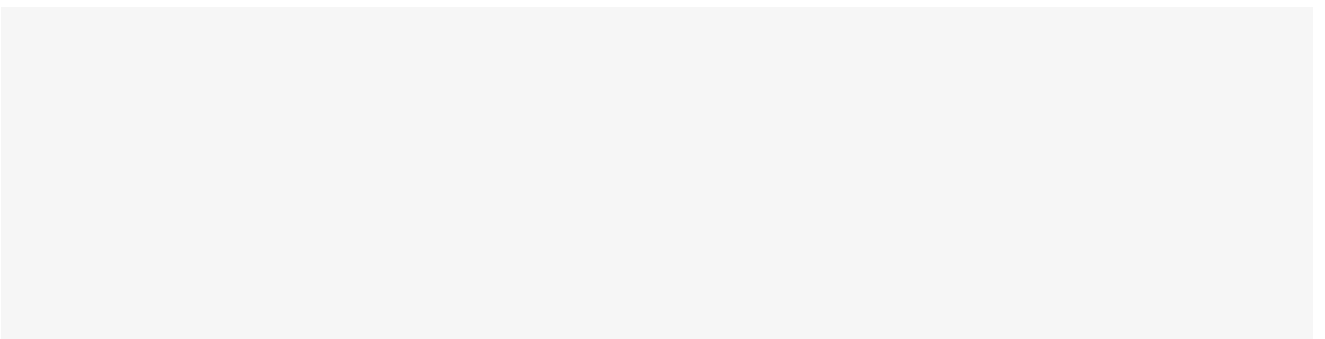
What has kept you from accomplishing your public speaking/communication goals in the past?



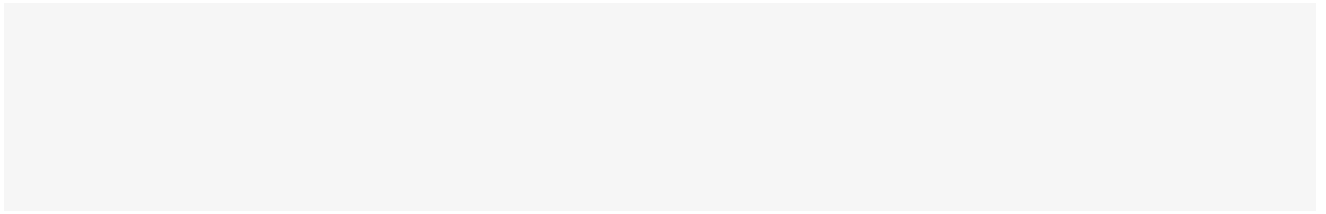
What type of things or activities make you feel great?



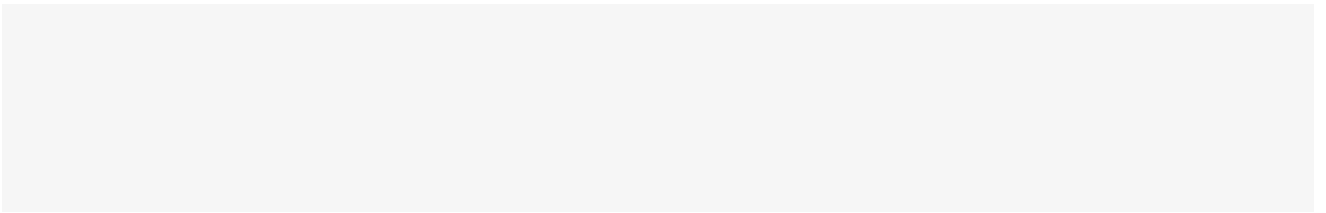
What type of thing or activities make you feel bad or uncomfortable?



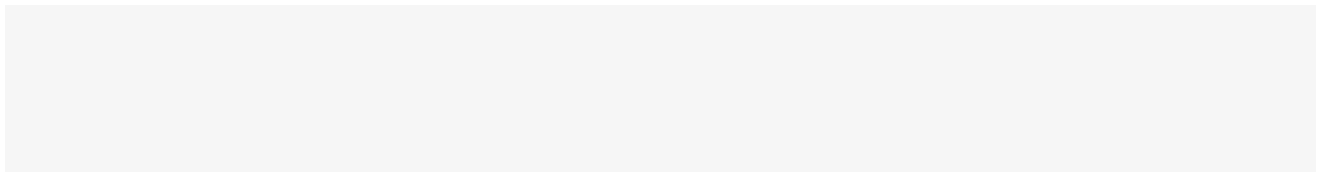
Describe what kind of speaker or communicator you'd like to become.
Who are your favourite speakers/performers/singers?



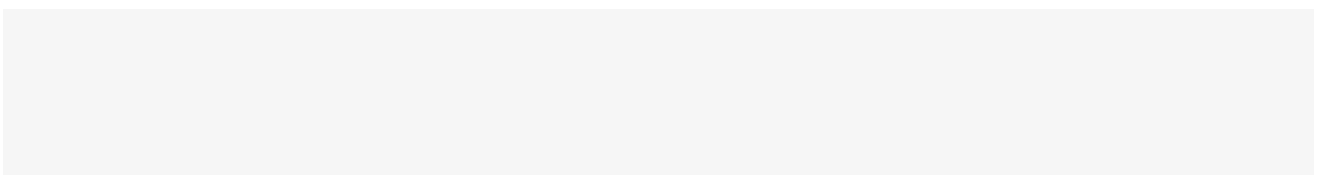
How would you like your audiences/listeners to feel after being exposed to your talks?



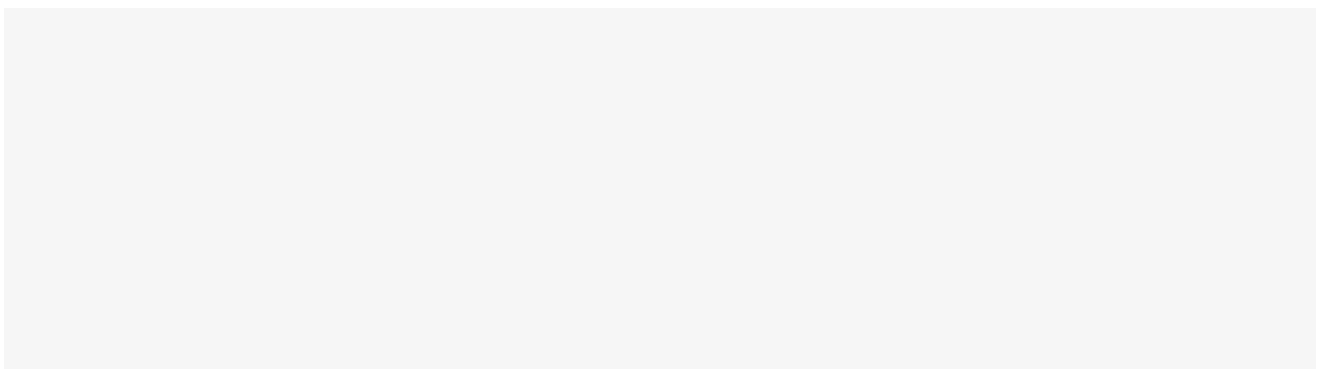
What's your current occupation? How can being a better communicator/public speaker benefit your career?



What's your vision for your public speaking/communication?



Describe the best and the worst customer service experiences you've ever had.



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“There are always three speeches, for every one you actually gave. The one you practiced, the one you gave, and the one you wish you gave.” –Dale Carnegie

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