Speak Up 2nd Edition Public Speaking

Packed with hands-on applications, PUBLIC SPEAKING: CHOICES AND RESPONSIBILITY, 2e delivers a practical and up-to-date public speaking text based on rhetorical theory. It emphasizes the role of choices and civic engagement/responsibility throughout in narrative, features, and examples. It also describes the audience as a public to which the speaker belongs, rather than as a separate entity defined only by demographics. The Second Edition includes new coverage of Monroe's Motivated Sequence, discussions of TED talks and PechaKucha, extended treatment of fallacies, and expanded emphasis on outlining. In addition, new Remix features apply the latest research in business and social science to public speaking skills. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Originally published in 1947, this is the Second Edition of "Elmer Wheeler's Tested Public Speaking" (1939). Brought up to date, it incorporates revised material based on Wheeler's further vast experience acquired in the course of giving 2,798 additional speeches since the publication of the first edition in 1939. It also includes his talk, "Take an Hour to Say No," which at the time of this 1947 publication had been reprinted over a record 7 million times. "As usual, Elmer Wheeler has based this book not on fancy, academic rules, but rather on his own practical experience as an outstanding speaker in his own right."

Speak UpAn Illustrated Guide to Public SpeakingMacmillan

2nd / second edition paperback. Includes the Urban Honey Badger assertiveness drill, the Three Commandments of Public Speaking, new chapters on handling a tough crowd and the

speaking business, written with emphasis on application and friendly encouragement to stop reading and start speaking. Features super awesome cover.

Speaking in public can be fun – honestly! Whatever the occasion, whatever the content, whatever the situation, this book will teach you everything you need to know to plan, prepare and deliver any speech or presentation and will give you the skills to deliver it with style, wit, charm and confidence. Discover expert tips, tricks, tools and techniques that will help you build on skills and abilities you already have so you can stand up in front of any audience and really wow them. Whether you're looking for help in overcoming your fears and building your confidence, or whether you're already quite good and want to polish your performance, this book will help you. Anyone can learn to speak in public. This book will show you how even you can do it brilliantly.

In this hilarious and highly practical book, author and professional speaker Scott Berkun reveals the techniques behind what great communicators do, and shows how anyone can learn to use them well. For managers and teachers -- and anyone else who talks and expects someone to listen -- Confessions of a Public Speaker provides an insider's perspective on how to effectively present ideas to anyone. It's a unique, entertaining, and instructional romp through the embarrassments and triumphs Scott has experienced over 15 years of speaking to crowds of all sizes. With lively lessons and surprising confessions, you'll get new insights into the art of persuasion -- as well as teaching, learning, and performance -- directly from a master of the trade. Highlights include: Berkun's hard-won and simple philosophy, culled from years of lectures, teaching courses, and hours of appearances on NPR, MSNBC, and CNBC Practical advice, including how to work a tough room, the science of not boring people, how to survive

the attack of the butterflies, and what to do when things go wrong The inside scoop on who earns $30,000 for a one-hour lecture and why The worst -- and funniest -- disaster stories you've ever heard (plus countermoves you can use) Filled with humorous and illuminating stories of thrilling performances and real-life disasters, Confessions of a Public Speaker is inspirational, devastatingly honest, and a blast to read.

The theory and practice of public speaking is simplified and made available to all in this introductory text designed for those with little or no experience in public speaking. It presents basic communication theory; delineates the importance of credibility in persuasive speech and outlines the role of nonverbal communication and paralanguage. A whole chapter is devoted to stage fright and suggestions are offered to reduce this anxiety. A wide assortment of exercises are provided to test critical skills. Originally published by Macmillan in 1982.

Processing Public Speaking covers all the traditional topics and offers much more, including chapters on public speaking traditions, public speaking as communication process, processing the introductory speech, processing technology in public speaking, processing listening, oral interpretation, analyzing audiences, organizing and outlining speeches, persuasive speaking, and debating, processing verbal communication, processing nonverbal communication, and delivery, impromptu speaking and ethics. As an invaluable resource Processing Public Speaking allows readers to access practical information that describes the production and consumption of presentations in technical, humanities, and social science, business, and education courses. The approaches in this text include tailoring public messages by identifying what the

audience wants and needs with adaptation to cultural differences with focus on the public speaking heritage of rhetorical discourse.

Finally, a public speaking textbook that is written by a trained counselor and experienced teacher. As a concise learning and teaching tool, it speaks to students from all walks of life addressing the critical aspects of learning how to speak in public - perfect for new and experienced primary, middle and high school Language Arts, Gifted Education, Communication, Public Speaking and Debate, and ESL teachers and students, Home Schooling, and even for business professional training! "Laced with humor, tips, tricks and techniques." "Rated: Five out of Five Stars!" - The Midwest Book Review. Basic Public Speaking, 2nd Edition - The Roadmap to Confident Communications! presents twenty-one developmentally sequenced speech activities, each presenting appropriate learning skills with topics including: -Invaluable, first-hand tips on Public Speaking -Hands-on creation of your speech using webbing techniques -Making nervousness work for you -How to actively listen to a speech -Performance Assessment tools for the presentation and text of the speech -Brainstorming and group tactics -How and when to use audio visuals including computer technologies -Communication and language skills -Speech psychology and body language -Logic, persuasion, memory, and sales skills -Language Arts Standards and Benchmarks Strategies for schools and districts Basic Public Speaking, 2nd Edition - The Roadmap to Confident Communications! is the only text available that: -takes a skills-based

humanistic and sometimes humorous approach to the psychology and strategies that must be in place before a person can develop as a speaker; -improves students' confidence by slowly and sequentially accentuating their essential speaking skills; -serves as a primary resource for schools and districts satisfying their Language Arts learning standards for creating their writing, listening and speaking benchmarks; -employs unique hands-on webbing techniques for creating speeches; -is an updated version of a best-selling resource that was sold to schools, libraries, students, businesses and individuals interested in gaining the confidence to become better communicators. Reflections on Basic Public Speaking Basic Public Speaking is recommended reading for all students. Written in a 2nd person voice, it is an informative, easy-to-follow text, which is liberally sprinkled with refreshing and appropriate humor. This new title offers even more firsthand tips and group tactics for the novice speech student as well as the seasoned elocutionist. I highly recommend it for every student's backpack! My school, along with countless others uses Basic Public Speaking as our main textbook for teaching speaking skills in our Language Arts Department. I have seen hundreds of students over the years benefit from using Mr. Parker´s work. It is sound, helpful, and amusing. It doesn´t talk down to students, nor over their heads. Instead, it chats informally with them and invites them to come along for a ride that will be fun. Beyond that, it is full of practical, graduated-in-difficulty experiences and evaluative tools. Here is a book that is crying out to be expanded and

marketed so that it reaches a wider audience. Without reservation, I highly recommend it for your school or program. There is no better book on the market for everyone who wants to learn how to speak with confidence. This book works as brilliantly in the classroom as a primary textbook as it does in the business community as a professional development tool. I highly recommend it!

"Public Speaking Basics provides a semester's worth of information and exercises to help college students master public speaking. There is an emphasis on creating good thesis sentences and on using effective forms of outlining. A sample speech is provided with each of the six different speaking assignments."--BOOK JACKET.

Now more than ever, librarians need good communication skills. They are no longer unseen collectors, classifiers, and cultural guardians. Information professionals are doing more public speaking at conferences, in meetings, classes, book talks and countless other situations, but many of them dislike, even fear, the thought of getting up in front of a group of people and giving a presentation. Librarians and other information professionals can find in this work help in overcoming their hesitation. Part one offers basic principles for better speech preparation and delivery, discussing such topics as the importance of good listening skills to being a good speaker, doing the necessary research beforehand, applying organizational skills to a presentation, engaging an audience, practicing a presentation before actually giving it, and putting oneself at ease, among others. Part Two discusses the specific situations in which librarians often have

to communicate, including interviews, interpersonal communication, library instruction, meetings and presentations to large groups.

Th? first thing th?t this book will t???h you is h?w to ?v?r??m? th? ?dgin??? in you. Y?u must know that even th? experienced ?ubli? ????k?r? do g?t th? nerves sometimes ?? ??n?id?r thi? ?? a n?rm?l reaction but must b? ?limin?t?d from ??ur ???t?m. G?tting ?v?r the ?h?n??? is tantamount t? l??rning th? techniques ?f mind control. It g??? lik? ?n?? ??u f??? th? ?udi?n?? you ??n instantly f??u? your mind on ??ur ?wn ?????h and ????k in ??ur own w?rld. B??i??ll?, thi? is wh?t the professional ?ubli? ????k?r? d?. They know h?w to ??ntr?l their minds ?nd th?ir n?rv?? to get th?t extreme ??nfid?n??. "Public Speaking: Mastering the Fundamentals To Overcome Anxiety and Gain Confidence" will ?l?? t???h ??u the b?tt?r ways in ?r???ring for your speech prior t? th? ??tu?l day ?f th? ?v?nt. Y?u will ?l?? b? trained t? f?mili?riz? ??ur??lf with ??ur ?urr?unding? ?nd even h?w t? vi?u?liz? th? v?nu? of ??ur ?????h whil? d?ing ??ur ?r??ti?? ?????h. Experts in ?ubli? speaking ?l?? d? this kind ?f t??hniqu?.

Project self-assurance when speaking—even if you don't feel confident! When you speak in public, your reputation is at stake. Whether you're speaking at a conference, pitching for new business, or presenting to your Executive Board, the ability to connect with, influence, and inspire your audience is a critically important skill. Public Speaking Skills For Dummies introduces you to simple, practical, and real-world techniques and insights that will transform your ability to achieve impact through the spoken word. In

this book, champion of public speaking Alyson Connolly takes you step by step through the process of conceiving, crafting, and delivering a high-impact presentation. You'll discover how to overcome your nerves, engage your audience, and convey gravitas—all while getting your message across clearly and concisely. • Bring ideas to life through business storytelling • Use space and achieve an even greater sense of poise • Get your message across with greater clarity, concision, and impact • Deal more effectively with awkward questions Get ready to win over hearts and minds —and deliver the talk of your life!

Lecturers request your electronic inspection copy here Public speaking is an integral skill not only in study but in life, yet giving presentations, oral assessments, or even talking in groups is a terrifying prospect for many students. This book is filled with tips and tricks cultivated through Rob Grieve's experience in running public speaking workshops at university. Taking the fear out of public speaking at university, he teaches you how to develop your public speaking skills and build your confidence; so whether you're giving a presentation or just talking with friends you can face the situation without fear. With a unique focus on 'authenticity' over perfection, Stand Up and be Heard: Helps you identify and understanding your fear; what is it that you are most afraid of? How does this fear manifest Provides practical exercises and strategies that will help you manage your fear Teaches you the benefits of 'authentic' speaking and relying on your own voice and personality Offers checklists, step-by-step guidance and

student testimonials to support your growth. The Student Success series are essential guides for students of all levels. From how to think critically and write great essays to planning your dream career, the Student Success series helps you study smarter and get the best from your time at university. Visit the SAGE Study Skills hub for tips and resources for study success!

INVITATION TO PUBLIC SPEAKING was designed to provide you with solid public speaking skills that will serve you well. This text shows you the power and importance of public speaking in your life as well as in the community. This special National Geographic Learning edition includes dynamic and exciting stories and tips from young people who are committed to sharing their passion for conservation and learning, accompanied by spectacular National Geographic photographs. Speech-building help and examples of student speeches in every chapter help you understand the basic concepts so that you learn how to give successful speeches. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Your knees are shaking, your throat is dry, and out in front of you in the Lerenbaum Room of the Ramada Inn is the 167th Annual Meeting of the Tucson Dentists Weekend Warrior Organization. You step to the podium, there's a short crackle of microphone feedback, and all eyes are on you. What do you say? Are you prepared enough? Will your audience love you? Hate you? If these are your fears, put them away and open up

Professionally Speaking: Public Speaking for Health Professionals. In it, you'll learn how to turn weak knees and wishy-washy introductions into confident gestures and words of wisdom. Packed with examples and proven tips and techniques from the front lines of public convention speaking, this helpful volume has everything you need to transform your next presentation from so-so to successful. Professionally Speaking will help you in both professional speaking and teaching scenarios. You'll find its practical advice and helpful guidelines will enhance your performance at the podium by one hundred percent. Specifically, you'll get page after page of useful direction in these and other important but seldom-talked-about areas: how to select, write, and deliver a talk use of voice speech preparation and the use of slides icebreakers giving good introductions and avoiding trail-offs keeping on the audience's "good side" chalk talks the proper use of humor Anyone who has faced or will face the potential disaster of addressing a large audience of colleagues--mental health professionals, dentists, physicians, pharmacists, for example--will want to consult Professionally Speaking before his or her next scheduled speech. Useful as an introductory guide for beginners or a supplementary text for seasoned veterans, this practical, one-of-a-kind look at public speaking will change the way you see your audience and improve the way they listen to you.

Written by professors with 40+ combined years' experience teaching the course, Speak Up! connects with students through lively writing, compelling real-life examples,

practical guidance, and hundreds of custom-drawn illustrations that bring public speaking concepts to life. Instructors appreciate the book's serious coverage of concepts and theories, fascinating examples, and unique and often humorous illustrations that help students understand and retain concepts from the text. The new edition features a brand new case study feature that guides students through all steps of the public speaking process. The Speech Choices boxes follow Mia and Jacob as they make choices that affect the final outcome of their speech—and show students what to do, and what not to do. They culminate in two brand-new, full-length speech videos on cutting edge topics. The feature expands further online in LaunchPad with video clips from the speeches, case study questions, and case study activities that instructors can use in the classroom or assign as homework. Speak Up contains other powerful digital tools accessible through LaunchPad, a learning platform that that contains hundreds of videos, LearningCurve (our adaptive quizzing program), various assessment options, video assignment tools, instructor supplements, and a full e-book. If this book were just a satire, it would grow old pretty quickly: 1.Stumble to the front. 2.Raise your arms. 3.Grooooooaaaannnnn. Instead, this book is a deeply researched investigation into why most public speeches don't really accomplish our goals and what we can do about that. As I was writing it, perhaps because I teach popular culture as well as public speaking, I became somewhat obsessed with the ways that the scary, brainless interaction that passes for speaking is so similar to the scary, brainless

zombies in popular culture. You shamble up to the front of the room. The audience groans and shuffles around. Everyone is looking for brains. There are none to be found. All suffer from the living death of boredom and lack of engagement. One of the scary things about zombies is that they look like people, your neighbors, family, colleagues and friends, but they are not. At least one person in most zombie movies will make the mistake of thinking there is still humanity in there and they get chomped for it. This is also what is scary and sad about most speeches. Everyone looks human. But there are no human connections. Our minds disappear into a glaze of Power Point. In most places where we give speeches, we do the same thing. We brainlessly show up to the same places, go through the same motions, use the same kinds of slides, and repeat the things that seem to matter even when they don't. All too often we show up to meetings or events or class, pretending that we are doing a lot of work. And we want our audiences to believe it too. And when they clap and we sit down, for a minute all of us feel that it was all right, that we really did all just endure something together that was worth it. A second later, that feeling is gone, and we wonder what happened to another day or another afternoon and wish, like we did when we were ten, that somehow school would be cancelled and we could, just for a day, choose again to do something cool with our time. Most speeches fail. We pretend that this is okay, that it is not a terrible waste of everyone's time. We go through the motions again like zombies. This book will try to drill down to get to what is most important and what can actually make you better.

The argument is simple: you are doing it wrong. Public speaking, at its best, moves people and creates change. But when was the last time you were enthralled by a speech? No phone, no wandering attention, no thoughts of lunch? Speaking has become an inert show, a droning on in front of a flickering failure of visual aids. We have already given up before we stand up to give a speech. No one cares, not even you. Public life has been reduced to a "let's just get this over with" mentality. Too strong a judgment? Look at the faces in the room around you next time you are sitting in an audience and tell me I'm wrong. We need to resurrect this dead thing called speaking. This book has two new chapters. Seven chapters have been extensively altered. All of this, from the first-ever public speaking textbook chapter on depression to the extensive use of Dungeons & Dragons references in the figurative language chapter, is designed to make the book more interesting and useful than the first edition was. Don't get me wrong. I loved the first edition of this book. It was the best thing I'd ever written. But, it needed to be better.

Speak Out is a primer for beginning and intermediate students participating in class and contest debates. It offers students clear, concise information on public speaking and debating. Combining the practical and theoretical, the text teaches students about verbal and nonverbal communication, how to research and present an argument, how to answer arguments, how to develop debate strategies and how to conduct a formal debate.

Public Speaking Today will teach your students the public speaking skills that are used by presidents, generals, business leaders, and celebrities. This text is organized into a step-by-step approach beginning with "What is Public Speaking," then moves through the speech building process. A special chapter dealing with debate is also included. Previously titled PUBLIC SPEAKING: A PROCESS APPROACH, Deanna Sellnow's CONFIDENT PUBLIC SPEAKING, SECOND EDITION distinguishes itself as the introductory text that most effectively presents the process of public speaking and the strategies students can use to become confident public speakers. Student-oriented and reader-friendly, the book offers unique coverage of learning styles as an aspect of audience diversity, as well as its extensive, integrated coverage of overcoming communication apprehension and the significant role ethics plays in public speaking. Changes to the Second Edition include three new types of boxes, even greater attention to ethics, a completely new interior design, and expanded technology offerings that include our Web-based Speech Builder Express. An ancillary CD-ROM and Web site offer adopters an interactive and multimedia enhanced presentation of public speaking principles and skills. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. PUBLIC SPEAKING: THE EVOLVING ART is the first book to meet the expectations of today's students while both preserving and offering innovative variations on the well-respected traditions of public speaking instruction.

Throughout the text, in short video segments, four peer mentors expertly guide readers through the concepts and strategies presented in the text. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Are you an author or creative preparing for success? Do you want to learn to speak effectively in front of an audience? All successful creatives have to speak and present in public, but you don't have to larger than life. You can just be you. This book includes the practicalities of speaking, mindset issues, and the business of speaking.

Tried-and-true tips for dazzling your audience Conquer your public speaking jitters and deliver a dynamite speech Anxious about public speaking? Have no fear! Use this friendly guide as your personal arsenal of tools to overcome stage fright and build a rapport with your audience. From researching your topic and preparing the room to crafting a riveting address, these savvy tips will help you deliver a masterful presentation. The Dummies Way * Explanations in plain English * "Get in, get out" information * Icons and other navigational aids * Tear-out cheat sheet * Top ten lists * A dash of humor and fun Discover how to: * Speak with confidence * Create spectacular visual aids * Add power with body language * Address international and virtual audiences * Answer questions the

right way

A structured, easy-to-follow textbook that is ideal for use in communications courses such as Public Speaking, Oral Communications, and Rhetoric. While many textbooks focus on theoretical speech concepts, Leading Your Audience gives students practical, easily applicable tools and strategies to achieve the goal of being a successful public speaker.

Debuting in its first edition, Advanced Public Speaking: A Leader's Guide is a comprehensive textbook designed to teach, model, and serve as a speech-making reference for upper level undergraduate students. This advanced, student-engagement focused, and flexible text offers students opportunities to increase their speaking abilities across a variety of more specific and complex contexts.

Have you ever been afraid to speak in public? If so, you are not alone. Most people find speaking in public terrifying! But it doesn't have to scare you any longer. Whether you are a business person making a presentation, a motivational speaker delivering an address, a club member giving a report, a politician speaking out against an injustice, or someone making an introduction, an announcement or toast this book is for you! This book gives you an assortment of acting techniques, tips and exercises that will quell your nerves, wow your

audiences, and help you feel more in control in all of your public presentation from now on!

Provides information on the concepts and theories of public speaking along with a variety of real-life examples and visual explanations.

Public Speaking is an important skill which anyone can acquire and develop. The book consists of basic principles of effective speaking, technique of effective speaking, and the three aspects of every speech and effective methods of delivering a talk. All this relates to business, social and personal satisfaction which depend heavily upon our ability to communicate clearly to others. A must read book for effective speaking.

"Learn how to inspire your audience with best-selling author Paul McGee! Everyday we're faced with situations where we have to speak to or persuade others. You might be an expert on your topic, you might be the most confident presenter going, but do you struggle to get your audience engaged and inspired by what you're saying? Paul McGee has 20 years' experience as a presenter and can show you how to speak so people really listen; a vital skill that can have a huge impact on your career and personal success. Learn to recognise the 7 most common mistakes made by speakers and presenters and more importantly, learn how to avoid them. Written in Paul's down to earth and approachable style, How

to Speak so People Really Listen will: Teach you how to deal with nerves Show you what your body language says about you Inspire you to speak with clarity for ultimate impact&#x; Give you 15 powerful and practical strategies to get your audience to sit up and shut up when you stand up to speak"--

This is the 2nd Edition of this book. The first, published in 2009, won a Readers Favorite Silver Medal for Non-Fiction. Since then many new software tools for enhancing presentation visual aids have been introduced and are discussed herein. Regardless of your profession, e.g., business, science, engineering or government, communicating in front of others is useful and becomes even more of a necessity as one progresses in an organization. Many topics are presented herein such as: Ancient human versions of Facebook and Twitter, the Evolution of Verbal & Written Communication, Factors to Consider Before Designing a Presentation, Winning Over an Audience, Opening & Closing Techniques, Developing Each Part of Your Speech, Taking the Terror out of Public Speaking, Deadly Mistakes to Avoid, Pros & Cons of Using Visual Aids, How to Avoid "Brain Death" When Speaking and much more. Many vital speaking tips are also presented such as: the use of humor; awareness of the role your eyes and gestures play; verbal & body language; strong words to use & weak words to avoid; speaking speed & pauses; strategies for handling hostile questions &

audience members; "security blankets" to avoid and even tips for making a presentation to your boss and management. On-the-job presentations are emphasized such as those within corporations and other organizational entities, business and technical conferences, symposia and scientific poster sessions. The public speaking strategies and tips are described in a straightforward and easy-to-follow manner. The author uses his extensive education, 35 years of management consulting and executive management experience, as well as research on public speaking to present a useful guide for presentations in any setting. As William Hewlett, Co-founder of the Hewlett Packard Corporation said: "How can I trust someone to manage multi-million dollar projects if he or she can't manage a half-hour speech?"

You're no idiot, of course. You can hold your own in water cooler conversation, are the life of the party at get-togethers, and have no problem firing a quick comeback at your smart-alecky friends. But when it comes to standing onstage in front of a group of people, you feel like you're the one in your underwear, not the audience. Don't hide behind the lectern just yet. The 'Complete Idiot's Guide to Public Speaking, Second Edition' helps you feel confident and build the skills you need to deliver winning speeches and presentations. In this completely revised and updated Complete Idiot's Guide, you'll find: -Professional guidance on

identifying your audience and adapting to the situation. -Expert advice on effective wardrobe and body language. -Useful pointers on how to tell jokes. -Valuable tips on handling hecklers and negative audiences. -Cutting edge information on using Powerpoint and other visual aids.

Are you looking to take your public speaking to the next level?Whether you are a brand-new speaker or an established professional, you've come to the right place."Present" Yourself in Public Speaking fills a huge gap in public-speaking education. While most public-speaking books and courses rehash the mechanics of public speaking, this book provides a rare insight into the psychology of public speaking. For example, you may have heard that public speaking is people's number one fear in life. It turns out, most people are usually not afraid of public speaking at all; it's public judgment that they most fear. This fear and ones like it impact people's ability to connect authentically and authoritatively with their audience. The other major player affecting authentic connection with audiences is the "inner critic." Every human being has an inner critic, and everyone who speaks publicly has had to deal with their inner critic on some level. Now factor in the idea that every person in the audience has an inner critic also, and you begin to see the challenge! Using the techniques laid out in this book, Mary Cheyne was able to transform from a shy, self-conscious computer programmer into a

world-class public speaker, culminating in a 2nd place win in the 2009 World Championship of Public Speaking, out of 25,000 contestants from 14 countries. She has now been a professional speaker and trainer for the better part of a decade.The insights, tools, and advice in this book, derived from Mary Cheyne's years of real-world experience teaching and presenting to thousands of people, will permanently transform your experience of public speaking. "Present" Yourself in Public Speaking addresses:* Detailed insights about how and why you, as a human, have an inner critic and self-doubt.* Practical tools and processes, so you can snap yourself out of it when your inner critic takes over.* A simple process to eliminate self-doubt as well as concrete ways to build self-trust.* Common myths about public speaking and how they hold you back.* How to be real and relatable to your audience.* An easy-to-follow formula for authentic stage presence.* A long-term inside-out path to public-speaking mastery, so you can continue to improve, no matter what level you are currently at.Are you ready to break through to your best self and shine through authentically on the stage? Are you ready to finally tell your inner critic to shut up, so the real you can speak up?

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