

HOW TO CLARIFY YOUR MESSAGE & SHARE IT POWERFULLY

WOMAN SPEAK™
SPEAK YOUR TRUTH. CHANGE THE WORLD.



Ruth Morgan

M: 0417 003 131

E: ruth@creatinghealthycareers.com



WomanSpeak At Work

6 WEEK INTENSIVE - LEVEL 1

What Is WomanSpeak?

WomanSpeak is learning the art and soul of public speaking. Helping women with clarity, messaging, public speaking, confidence and visibility.

KC Baker the Founder of WomanSpeak says:

'What you have to say and share is deeply important and valuable. We are committed to you feeling the freedom and the finesse to share your voice in any circumstance - at work, in public, with your community, around a dinner table and on stages large or small.'

WomanSpeak's practices help women transform their resistance, anxiety and tendency to be in "performance mode" while speaking, so that they have the experience of feeling grounded, connected and authentic. Our curriculum supports them to clarify and own the value of their ideas and to deliver them in a way that impacts and influences their listeners.

WomanSpeak's classes are dynamic spaces where participants support each other to speak up and exercise leadership in their work. Women and their voices blossom in this kind of environment.

I am excited to be bringing this unique speaking practice to the women in the workplace. Women in the corporate world seek to confidently articulate their thoughts and wisdom clearly, whether they are communicating with clients, management or their peers. It gives women the confidence to overcome their fear of being judged and not trusting in the wisdom they have to share.



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The 6 Week Intensive Curriculum - Level 1

Level 1 focuses on How to Clarify Your Message and Share it Powerfully.

Week 1 - Sharing What You Believe

Getting clear on your WHY is absolutely crucial in drawing people to your message and your work.

Week 2 - The Change You Want To See In The World

What the challenge is that you want to help transform in the world.

Week 3 - Sharing Your Most Powerful Ideas

We explore some of your most transformative ideas, the ones that can help people shift how they see the world.

Week 4 - Your Diamond Insight

We explore how to get clear on the MOST important, impactful idea to share when you are speaking up in a meeting, a conversation, or giving a talk/presentation.

Week 5 - Leaving Your Legacy

We explore how to deliver a talk on the legacy you want to leave.

Week 6 - How To Tell An Epic Story

We are going to play with the art of using your body to enhance your storytelling. When telling a story, you don't just want to tell it with your words.

All of the above is possible, which will be a unique experience and result for each woman who engages in the program, practices and culture of WomanSpeak.



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The 6 Week Intensive Curriculum - Level 2

Level 2 focuses on How to be Influential with Your Voice & Ideas

Week 1 - The Heroine's Journey

Becoming an incredible, engaging storyteller & speaker.

Week 2 - The Art of the Authentic Ask

Creating clarity and bravery to ask for support or partnership in your vision.

Week 3 - How to Give a "How To" Talk

Positioning yourself as an expert. The world is hungry for people who can teach.

Week 4 - The Art of Speaking Spontaneously

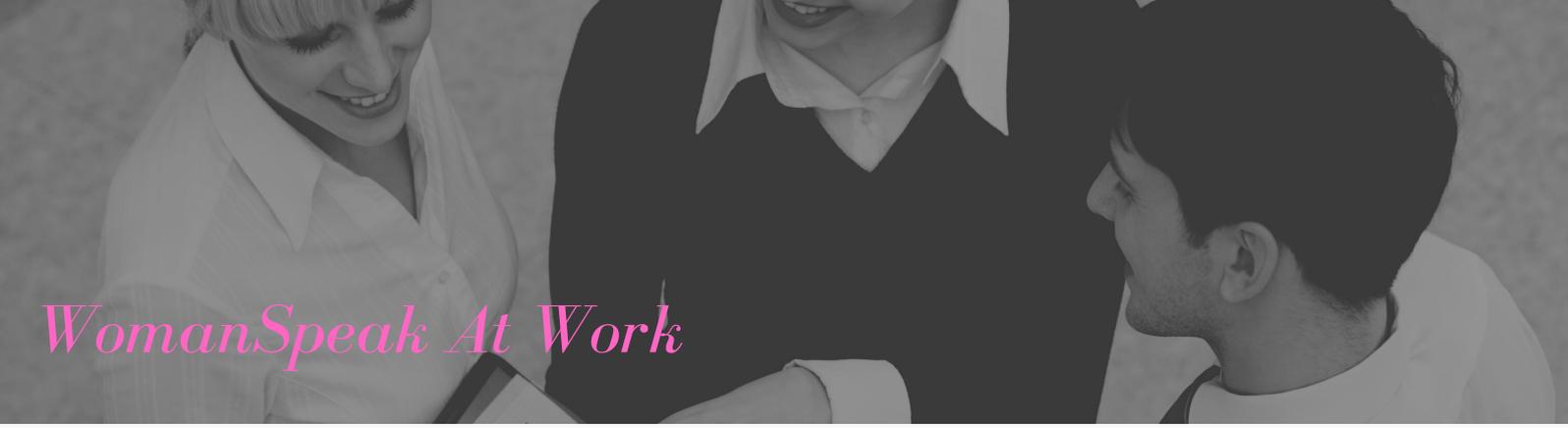
Access your natural voice and the river of authenticity within you.

Week 5 - How to Enroll People In Your Vision

Increase your ability to lead transformation. Create a movement of people who want to help you create the change you know is possible.

Week 6 - The Art of the Toast

Highlighting the qualities of people you want to honour, including storytelling to move people.



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Outcomes

This 6 week program is designed to help women rewire their nervous system around public speaking, find their unique voice and share their knowledge and truth.

The focus is to support women in transforming their relationship of fear, resistance, anxiety and being in “**performance mode**” or having to put on “**armour and power through**” public speaking, so that they have the experience of feeling grounded, safe, connected to their heart and gut instinct, and authentic in their speaking.

Women will learn some unorthodox practices that are core to what WomanSpeak is about and will have the opportunity to practice while also clarifying key aspects of the wisdom, insights and ideas that live inside of them and need to be shared.

For the organisation:

- Increase **leadership** from female employees
- Increase effectiveness of **communication**
- Improve client & stakeholder **relationships**
- Increase **influence** with clients and coworkers
- Positive impact on **culture** and building a better working world
- Inspiring change and opening doors

For the individual:

- **Be clear** on their message
- **Understand the core ideas that are at the heart of their work** and know how to communicate and share them in a way that's powerful & effective
- Learn the art of storytelling to engage others

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- Transform their resistance around, or fear of, sharing their voice into freedom and natural confidence
- Become more **confident within themselves** to speak up spontaneously
- Learn to **speak authentically from the heart**
- Practice speaking in a **safe & nurturing environment**
- Become **confident to speak up anywhere, anytime** and not be stuck for words
- It enhances the opportunity for **career progression**
- Become more **confident as they grow** their audience.

What Is Required By Each Woman?

- 1 x 2 hour session once a week (or fortnight) for 6 weeks (or 12 weeks)
- Pen and paper
- Each woman's uninterrupted and undivided attention for duration of the 2 hour sessions
- Some time spent out of session watching one or more videos with context for the theme and public speaking practice for that week

Expectations

From Me:

- Create a safe, supportive, engaging space in class where everyone participates
- Teach speaking practices and themes effectively
- Provide useful feedback on what works and what can be even better
- Provide clear written & video curriculum prior to each class.



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From You:

- Participants will engage fully and be prepared
- Organisation will distribute communications provided by WomanSpeak and provide a point of contact
- Organisation will provide the venue
- Organisation will provide adequate technology to fully utilize remote calling (if required)
- Anything shared in the session is confidential. Participants may share learnings but not what other spoke about in session
- Organisation will pay invoices on time when presented according to terms & conditions.

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Who Is Ruth Morgan?

As a licensed WomanSpeak Leader, trained by our founder KC Baker, Ruth is a Career Wellbeing Coach and is passionate about helping people to thrive in their careers and achieve success in a healthy, sustainable way while optimising wellbeing.

One of the consistent issues she has seen in many women whom she coaches is the impact on their health when they suppress their voice, their wisdom, their knowledge. In order to thrive, self expression is essential.

Ruth supports women to confidently bring their message to life, both in their career and their personal life. She is a believer that your career should add to your life, not take from it and when challenges arise, it is our opportunity to grow and step into who we are meant to be.

