



## COACHING

Are your Sr. Leaders **READY** for the **HIGH-STAKES** Stage?

One-on-one coaching is a highly customized and personal service tailored toward the specific needs of one individual.

iSpeak's coaching services center on focused areas of communication.



I was really grateful to have Russ's feedback and guidance through preparing for our keynote. It was my first time speaking to an audience in the thousands and I feel he helped me to be the best version of myself when I walked onstage. I didn't fall!



**- Mallory Earll,**  
Sr. Product Mgr., Workiva

### In-Person Coaching Sessions \$5,000 per day (plus coach's travel)

Since 1999, iSpeak coaches have been assisting senior leaders and executives with their high-stakes presentations.

Based on that experience, iSpeak recommends several focused sessions to provide the greatest impact and skill development.

Each session is focused on a specific communication goal.

### Virtual Coaching Sessions \$600 per hour/Six, 1-hour Sessions \$3,500

While a structured program of focused sessions works best for continued growth, virtual coaching sessions can be more flexible.

For example, if a senior leader has a busy schedule and flexibility is key, our coaches can help get them ready.

The 6-Week virtual coaching package is designed for business professionals and future leaders.

The focus is kept on the 3 key areas of all presentations (Presence, Message, & Delivery), regardless of whether they are informative or influential in nature.

Each week you work with your coach on one of the 3 key areas. Then you will take away action items to implement. In the following week you will review your applied practice to further develop that skill.

- WEEK 1 Your Presence
- WEEK 2 Review of Applied Presence Tools
- WEEK 3 Your Message
- WEEK 4 Review of Applied Messaging Tools
- WEEK 5 Your Delivery- Thinking on your feet
- WEEK 6 Review of your Delivery