

# STEP UP

---

Vocal Coaching

## WORKSHOP BOOKLET

### GET CONFIDENT:

Learn to Manage Nerves, Build Confidence  
and Speak with Ease



# CONTENT

- How Public Speaking Coaching Can Help Your Business
- Why Step Up Vocal Coaching?
- Course Overview & Learning Outcomes
- Course Content
- Meet Your Coach
- Details & Pricing

# HOW CAN PUBLIC SPEAKING COACHING HELP YOUR BUSINESS?

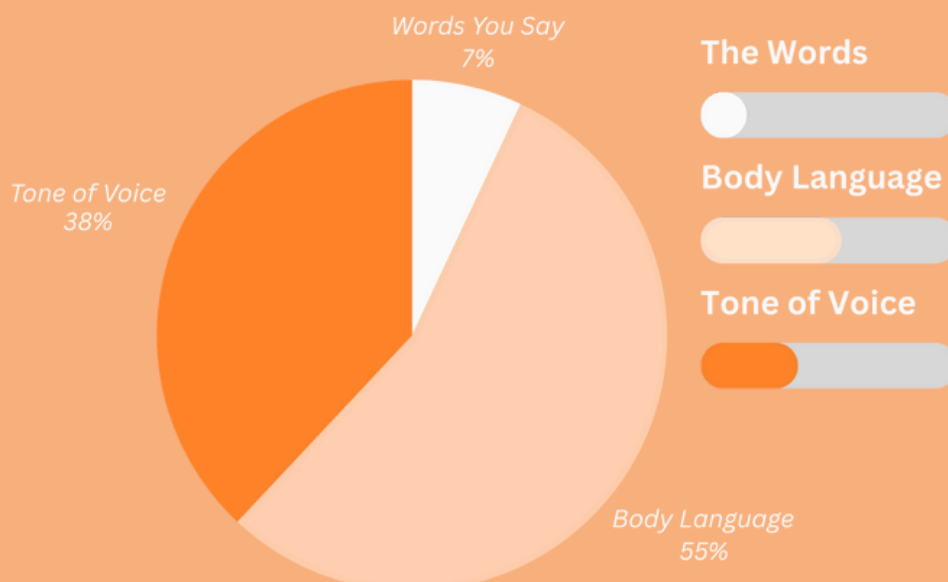
Every day, employees across your organization are engaging in conversations, building relationships, and delivering presentations that directly impact your business's success.

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





# THE COURSE

---

## COURSE OVERVIEW

This course focuses on building mindset techniques to help participants boost their confidence and manage nerves in any speaking scenario. We'll dive into strategies for developing long-term mental resilience and a positive, grounded mindset, ensuring participants feel self-assured well before high-pressure situations.

The course also covers practical tools for preparing in the lead-up to important presentations and managing nerves in the moment. By mastering mindset techniques, alongside body language and breath control, participants will leave equipped to communicate with clarity and impact, even in challenging environments.

## LEARNING OUTCOMES

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

- Develop and maintain a positive, grounded mindset to boost confidence in the long term.
- Cultivate mental resilience to handle high-pressure speaking situations with ease.
- Apply mindset techniques to stay calm and focused in the lead-up to important presentations.
- Use breath control, supported voice & body language to project confidence, even when feeling nervous.
- Manage in-the-moment nerves and maintain composure while speaking.
- Combine mindset, voice, and body techniques to deliver clear, impactful communication.
- Recognize and overcome self-doubt to speak with authenticity and authority.
- Feel more confident and prepared for both everyday interactions and high-stakes presentations.

# COURSE CONTENT

## TOPIC 1

### LONG-TERM CONFIDENCE BUILDING

In this module, participants will explore strategies to cultivate lasting self-confidence and a positive mindset, well before any high-pressure situations arise. The focus will be on developing mental resilience, self-worth, and a strong foundation that supports confidence in both everyday and high-stakes scenarios.

## TOPIC 2

### PRE-SPEAKING PREPARATION

Participants will discover effective preparation methods for boosting confidence in the lead-up to key presentations, speeches, or conversations. This module will cover how to manage nerves, leverage breath control, and align body language to create a calm, focused presence before stepping into the spotlight.

## TOPIC 3

### IN-THE-MOMENT CONFIDENCE

This module focuses on managing nerves during real-time speaking engagements - speaking up in meetings, giving presentations or having a tricky conversation. Participants will learn how to maintain composure, project steady confidence through their voice and body language, and reset if nerves begin to interfere, ensuring they remain in control and deliver with impact.

## TOPIC 4

### BREATH AND VOCAL SUPPORT

Participants will explore diaphragmatic breathing, learning how to harness breath to calm the nervous system and sharpen focus. This module will also delve into vocal support, exploring how a well-supported voice can reduce vocal tension and improve vocal tone, control and capacity. In turn, this allows participants to project confidence, authority, and credibility, so that their expertise can shine through with impact.

## TOPIC 5

### BODY LANGUAGE MASTERY

In this module, participants will learn how to harness body language to exude confidence and authority. By refining posture, gestures, and movement, they'll not only project a confident presence but also feel more grounded and in control, enhancing both their outward impact and internal composure.



# 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 OR 1/2-Day Workshop  
(contact for more info on whether  
to book a 1-day or 1/2 day)

## 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](mailto: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)