

# STEP UP

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Vocal Coaching

Workshop  
Brochure

## PACK A PUNCH:

Learn to Speak & Present with Impact



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# HOW CAN PUBLIC SPEAKING COACHING HELP YOUR BUSINESS?

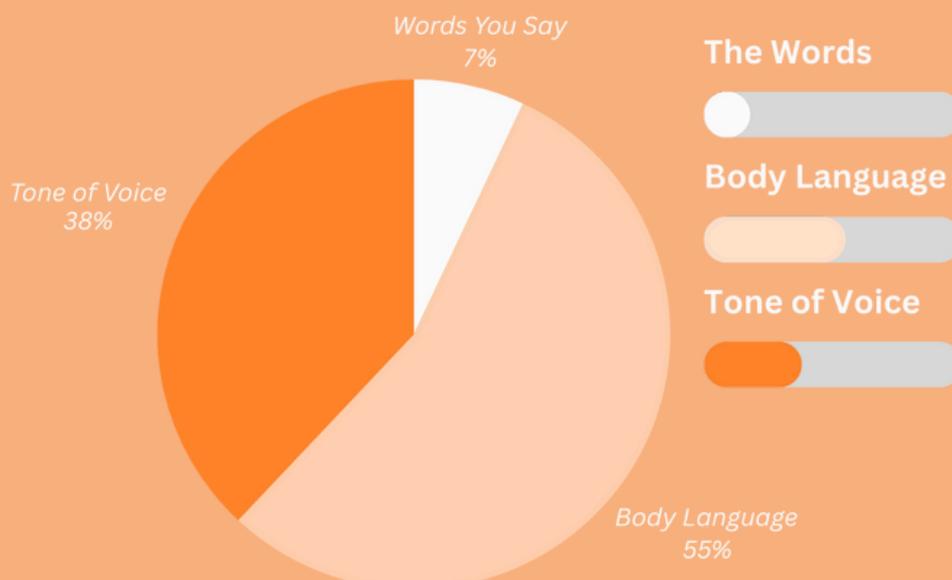
Every day, employees across your organization are engaging in conversations, building relationships, and delivering presentations that directly impact your business's success.

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?

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**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**





# THE COURSE

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## COURSE OVERVIEW

This course is designed to enhance your ability to engage and connect with audiences, and leave a lasting impact by mastering voice and body language techniques. Participants will learn how to use their voice and body to convey energy, emotion & authority, to reinforce their message, improve their internal & external confidence, and build rapport.

The course will also help individuals bring out their personality, adding authenticity and vibrancy to their delivery, allowing their expertise to shine through. Whether speaking in meetings or presentations, participants will gain the tools to communicate with confidence, clarity, and impact.

## LEARNING OUTCOMES

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

- Use variety in their vocal delivery to create emotion, and engagement.
- Apply body language techniques, including posture, gestures & facial expressions, to project confidence and reinforce their message.
- Build stronger rapport & connections with audiences
- Bring out their unique personality to make their speaking more authentic, relatable, and memorable.
- Apply techniques that create lasting impact, ensuring their message resonates long after they've spoken.
- Adapt their vocal and physical communication techniques to suit different audiences and environments..
- Channel their energy into voice and body language to deliver a more dynamic and engaging presence.

# COURSE CONTENT

## TOPIC 1

### WHY “WORDS” AREN’T ENOUGH

Impactful communication involves much more than the words themselves. This module provides a grounding in the essential elements of effective speaking—voice, body language, and mindset—highlighting why focusing solely on words is not enough. Participants will understand the urgency of training these areas to truly connect with and influence their audience.

## TOPIC 2

### VOICE SKILLS

This module equips participants with a toolbox of vocal techniques to add variety and impact to their delivery. It covers how to actively use breath, vocal support, tone, pacing, phrasing, and intonation—not just what these tools are, but how to physically implement them to unlock their full potential. Participants will also get the opportunity to try out these skills and experiment.

## TOPIC 3

### VOICE APPLICATION

This module focuses on how to combine and apply these new voice skills to maximise impact. Participants will learn how to highlight key information, making it memorable so that people walk away with the intended takeaways; how to keep audiences engaged throughout longer speeches; how to help audiences connect emotionally with the content, and how to recapture attention if it starts to wane.

## TOPIC 4

### BODY LANGUAGE - SKILLS & APPLICATION

In this module, participants will learn how to use body language to create impact and convey confidence and authority. By refining posture, gestures, and movement, they’ll discover how to emphasize and underpin their message, making it more memorable and engaging, while projecting a commanding presence that reinforces their words.

## TOPIC 5

### ADAPTING FOR YOUR AUDIENCE & SETTING

This module looks at how to adapt the voice and body language skills learnt in previous modules for different audiences and settings. These skills are versatile and can be tailored for any situation, whether it’s a big presentation, a small in-house meeting, an external pitch, a busy networking event or a one-on-one conversation. Participants will discover how to adapt their delivery to create impact, connect with others and evoke their desired response in different scenarios.



# 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

<b>Duration</b>	<b>Group Size</b>
1-Day OR 1/2-Day Workshop (contact for more info on whether to book a 1-day or 1/2 day)	8-12 People
<b>Location</b>	<b>Cost</b>
Face-To-Face OR Online (By Request)	Email us your requirements to get a quote.
<b>How to book</b>	
Email <a href="mailto:info@stepupvocalcoaching.co.uk">info@stepupvocalcoaching.co.uk</a> to book a call and let's discuss your needs	



**STEP UP**   
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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)