

Welcome!

THANKS FOR YOUR INTEREST IN OUR

SELF-SPOKEN TRAINING OPTIONS

We can't wait to help you and your colleagues take your communication and presentation skills to the next level.

**Speak like a pro, sound like yourself.
Show up as the you, you most want to be.**

Check out our signature training options on the following pages to find the best fit.





STARTING
FROM:
\$4,000

1

Presence Under Pressure: How to Articulate Yourself Clearly & Confidently When it Matters Most

From virtual meetings and client check-ins to high-stakes conversations and presentations—let's make sure you know how to find that sweet spot between coming across like a pro and staying true to who you are.

THE FORMAT

A 90-minute interactive masterclass with a structured curriculum, exercises to implement skills, opportunities for individualized coaching, and plenty of time for Q&A

THE CONTENT

- ➔ Overcome nerves with science-backed tactics to help you feel more centered and in control
- ➔ Avoid distracting habits that may be undercutting your credibility
- ➔ Embody the qualities you want others to see in you—without faking or forcing it
- ➔ Organize your talking points in advance or on the fly—in half the time, but with double the impact
- ➔ Engage whoever you're speaking to in a way that's easy to follow and hard to forget



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From virtual meetings and client check-ins to high-stakes conversations and presentations—let's make sure you know how to find that sweet spot between coming across like a pro and staying true to who you are.

“Brenne challenged me to completely rethink my approach to public speaking, helping me to dial down my nerves and enabling me to become a more authentic, confident, and effective communicator. The work is not always comfortable—and certainly not easy—but you will notice a change immediately. And when others, too, begin to notice that change in you, well, that's a game-changer.”



Christina Raymond, Senior Director, Patent Litigation and
Marketplace Intelligence at RPX Corporation

“Many professional development courses out there can feel theory-heavy, difficult to make actual use of, or filled with fluff, but Presence Under Pressure is so focused on concrete, practical skills that you can immediately apply in your everyday life. And its fearless leader, Brenne, is such an effective communicator herself that you can't help but feel inspired every week!”

Cherry N., Presence Under Pressure student





2

Let's Get Virtual: 4 Ways to Enhance Your Virtual Communication Style & Present More Effectively Online

STARTING
FROM:
\$3,000

THE FORMAT

A 60-90 Minute interactive workshop with a structured curriculum, exercises to implement skills, some individualized coaching, and plenty of time for Q&A

THE CONTENT

- Set yourself up in the frame so you feel settled, look like yourself, and can have the closest thing to an in-person conversation
- Project credibility through a screen and ditch distracting habits (i.e., excessive filler words, darty eye contact, odd hand gestures etc.)
- Keep people engaged- so they feel like you're talking directly to them and making the most of their time

"We've achieved immediate positive results from having Brenne mentor our team on how to approach the camera and adopt a more confident, yet natural demeanor in all of our virtual communications. She also has the best, most practical tips when it comes to conveying more credibility and working with technical components like presenting with slides. Don't hesitate to set up a training with her if your team could use some expert guidance on how to communicate more effectively and deliver presentations over video in a smarter, more engaging way."

Colin Flavin, Flavin Architects





STARTING
FROM:
\$3,000

3 How to Engage, Educate & Entertain Your Virtual Audience: Presenting With Slides From Wherever You Are

THE FORMAT

A 60-90 Minute interactive workshop with a structured curriculum, exercises to implement skills, some individualized coaching, and plenty of time for Q&A

THE CONTENT

- ➔ Sharpen your presentation flow in 4 simple steps—a formula you can recycle forever
- ➔ Format your slides so they work for you instead of against you
- ➔ Translate your in-person presentation style to the virtual world—so you hook them from the beginning and keep them engaged along the way
- ➔ Avoid distracting mistakes even the best presenters make when presenting with slides online

"We brought in Brenne to help our life science startup founders develop their presentation skills for virtual audiences. Delivering quality virtual presentations has never been more important than now, and Brenne delivered an amazing training where she led us through detailed steps to help us engage our audiences, refine our messaging, and drive home main points. She also helped each of us figure out how to best position ourselves in front of the camera on Zoom. You could feel the energy change in the Zoom room as she demonstrated which habits to strengthen (and which to let go of!) Brenne, herself, is a wonderful speaker and presenter... she kept us engaged the entire time."

Agata Magalinskaya, Director of Strategic Programming & Events
at Alexandria LaunchLabs





STARTING
FROM:
\$3,000

4

How to Lead an Intentional Panel Discussion Online

THE FORMAT

A 60-90 Minute interactive workshop with a structured curriculum, exercises to implement skills, some individualized coaching, and plenty of time for Q&A

THE CONTENT

- Facilitate a panel conversation that supports overarching event goals
- Reverse-engineer your discussion topics to address your audience's key questions and challenges
- Translate your in-person presentation style to the virtual world
- Avoid distracting mistakes even the best presenters make when presenting online

"Brenne led two sessions for us in anticipation of the live conference we turned into a virtual summit, and both sessions were extremely valuable! She taught our presenters and panel moderators how to engage our audiences more effectively and deliver information with more purpose and clarity. I'm also amazed at how much more intentional my personal Zoom meetings are since working with her!"

Jennifer Bentley, VP of Global Marketing at Veeva





SelfSpoken is devoted to helping you communicate your ideas and expertise in the most effective and authentic way possible.

MY COACHING STYLE IS SIMPLE. IT BOILS DOWN TO FOUR ESSENTIALS:

1

PHYSIOLOGY

When we step out of our comfort zones, our brains are wired to become *black holes of internal chatter* and our bodies get flooded with *stress-associated hormones*. This intense combination is what makes us feel nervous, on edge, or like we're not enough.

If you experience nervousness or fatigue when you're invited to speak publicly, or you feel generally anxious walking into meetings or managing difficult conversations, you're not alone! I've got some highly practical tools to help you *dial down those nerves, build speaking stamina, and convey confidence when it matters most*.

2

INTENTIONALITY

When we think positively, we generally feel good. When we feel good, we generally think positive thoughts. But when we're under pressure, *our rational and emotional minds temporarily lose their ability to harmonize*. And it's up to our conscious minds—the aspect of our thinking that allows us to become intentional—to swoop in and prevent the concert from going up in flames.

If you struggle to process your thoughts or feel thrown off when you're put on the spot, you're not crazy! I've got some powerful *mindfulness* tools that'll help you *think more clearly and connect more deeply* from the get-go.



3

PHYSICALITY

When we're caught off guard or notice that all eyes are suddenly on us, we tend to take on behaviors that make us *seem smaller, less grounded, and less comfortable* than we mean to appear. We take on this type of body language because we're reacting to a burst of self-consciousness on the inside and doing whatever it takes to disguise that discomfort on the outside. The worst part? We're usually completely unaware that *we're showing these signals of uneasiness* in the first place.

If you know you're about to be the center of attention, and your impulse is to run, hide or shut down completely, you're not the only one! I've got some game-changing techniques that'll help you feel *more powerful and capable on the inside*, and make you seem a whole lot *more grounded and present on the outside, too*.

4

INDIVIDUALITY

In new or unfamiliar situations, we tend to "audition" for a sense of belonging. To feel accepted, *we adapt who we are to what we think others want or expect us to be*. It's a survival instinct, meant to ensure our place in a tribe. And this need for acceptance causes us to use all sorts of subtle (or not-so-subtle) pleasing, pandering, or trying-to-impress behaviors. *We trade in our unique individuality for a much "safer," more generic version of who we are*.

If you struggle to find your voice in those environments that tempt you to to prove something, sell something, or get some sort of validation from others, you're no different from the rest of us! I've got some tricks to help you *bring the most significant and authentic aspects of who you are* to the forefront of your communication skills, so that you earn the reputation and belonging you're after, but in a much *more grounded and fulfilling way*.

The Bottom Line...



I'M NOT INTERESTED IN HELPING YOU PRETEND TO BE SELF-ASSURED, I'M COMMITTED TO MAKING SURE YOU ARE SELF-ASSURED. SO THAT NO MATTER WHAT LIFE THROWS AT YOU, YOU KNOW HOW TO KICK YOUR SECOND-GUESSING TO THE CURB AND LET YOUR BRIGHTEST, BOLDEST SELF DO THE TALKING (AND THE LISTENING!).

MEET BRENNE: a big hearted business owner and your communications coach dedicated to helping you become the most confident and compelling communicator you can possibly be.

Brenne Hali is the Founder & CEO of SelfSpoken and is a communication coach, virtual course instructor, speaker, and secret weapon to hundreds of big-hearted, go-getters around the world. She provides teams and individuals with the exact tools and coaching they need to communicate with undeniable presence and convey their expertise when it matters most.

She turned her acting career (which began with the national tour of a Broadway musical) into a successful communication training side-hustle over the course of a decade. And then, in 2018, Brenne founded SelfSpoken with a mission to share the most valuable and practical tools she gained from both worlds.

Nothing lights her up more than empowering people from every background, industry, and career stage, to move away from self-doubt and toward deepened self-confidence. She sees effective communication as a skill set anyone can learn and hone, not a talent that only some are born with.

From “make-it-or-break-it” moments to casual conversations, Brenne's all about helping people show up as the versions of themselves they most want to be—both in business and in life.