

Communication Steroids
Current Presentations Available
Summer – Fall 2008

Making Public Speaking Fun!

What? Public speaking - fun? Of course it is! Or at least can be, even if you've got the heebie-jeebies about getting up in front of people and speaking. But preparing and delivering a presentation doesn't have to be daunting. In fact, it can be downright fun!

Topics Include:

- Preparing Your Speech
- Preparing Your Mind to Get in Front of People and Have Fun
- What's Your Persona?
- Injecting Humor and Fun into Your Presentation
- Be Yourself – Let the Good You Shine Through
- The Three Elements of Every Good Presentation
- What to Take Seriously – and What Not To

How to Improve Your Public Speaking Skills Overnight

Communication is connection and relationship-building with co-workers, subordinates, vendors and clients. Connect well, build relationships well, and your business has a much better chance of success. But are there simple ways to improve communication immediately? You bet there are. The Communication Crash Course will load your tool box with the nuts and bolts you'll need to instantly see results. Here's a way you can immediately improve your public speaking skills the next time you're in front of an audience – any audience.

Topics Include:

- Speech Preparation and Organization
- Instant-Improvement Techniques
- Tips and Tricks to Keep You On Track
- Networking
- Putting a Face on it
- The Power of Three

CommunicationSteroids.com
“Add Muscle to Your Message!”
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New Media Public Relations

It's a new world. The same approaches to getting publicity that worked in the 90s and early 00s have changed drastically. So what works now? How do you get your message out to the media and your potential customers? Blogging, keyword-packed online press releases, social media connections and targeting key online writers are all new methods of promoting a product or service. This short course shows how to use the new media to your advantage.

Topics include:

- How to get noticed in today's media
- Using Press Releases to reach Buyers Directly
- YouTube for Small Businesses
- How People Find You Online
- Make the Most of Amazon, Blogs, Forums and Chat Rooms

Teamwork and Communication

An interdisciplinary team may bring a wealth of expertise to the table but will they mesh? Putting together a task oriented special team requires both the skills to get the job done and the ability to "play well with others." This session examines the nuts and bolts of constructing the team and how to maximize communication among team members.

Topics include:

- Team construction (avoiding the dominator and the loner)
- The action agenda
- Effective Email
- Maximizing interaction at the meeting table
- Presentation skills
- Developing good listeners and, more importantly, good evaluators
- The referee
- The elements of constructive feedback

These programs can be presented as 20-30 minute luncheon or forum presentations, or as half-day training seminars. For information on these and other longer programs and training seminars and pricing schedule, please contact us.

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