

COMMUNICATION

VERBAL COMMUNICATION

The HELP Method Reviewed
Hello
Empathy
Language
Plan
Works in all situations.

COMMUNICATION

KISS METHOD

**Keep It Simply Simple
PowerPoint Presentations**

Learn the method of making
easy in-person and virtual
PowerPoint Presentations.

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First Impressions The 1-3-5-7 Method

The first impression is made in 7 seconds, the make or break moments. Learn how to get amazing audience connections in 7 seconds.

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Public Speaking Tips & Tricks

Learn how to bury your fear of public speaking. Improve your conversations with this easy method.

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Listen for Success: The Talking Stick

The value of good listening skills
Listen with mindfulness
to GROW
Goals, Reality, Options, Will