

About Claire Godwin

With a background of 20 years in HR and staff training I started my Business; the Coaching Works in 2003 to focus on coaching.

As well as coaching and mentoring for the past 15 years I also work in the area of equalities as a trainer, speaker and consultant and I am a champion for respect, dignity and equal access to services and opportunities for all

I am motivated by a drive to coach, mentor and support women (ok I do work with men too!) to have the confidence and skills to stand up and being counted both at work and home; growing lives and businesses.

You may want to grow your business by speaking or have the confidence to speak up in meetings; whatever it is for you, you need to connect with *your* voice, in *your* way and I have made it my mission to help you do just that!

"I can be me in presentations; I don't have to pretend to be someone I am not"

2 HOUR WORKSHOP

"Nail your Networking 60 Seconds"

- ✓ **You know you need to do it?**
- ✓ **Do more of it?**
- ✓ **Or do it better?**

How many times have you heard the words **"We do business with those we know, like and trust"**?

Probably more often than you'd like to hear them; these words can niggle away because you know that you need to "get out more" and do that "face to face" stuff!

There's nothing worse than being so trapped by your own fears so that you feel powerless to speak - and increasingly uncertain about effectively expressing yourself.

But it need not be like that.

I've helped many people like you through sharing practical and achievable techniques which give you more self-confidence and get you heard in a way which engages.

Following the fabulous successes with previous groups (participants went from avoidance to volunteering!) I have designed a 2 hour workshop for a limited number of people to hone their message and how they say it.

Content

- feel the fear and speak anyway - techniques to calm and manage nerves
- what NOT to say and do in your 60 seconds
- fine tune your business pitch (bring a draft) using tried and tested templates
- follow up actions

You will leave having gained practical tips, strategies and coaching that you can immediately implement in your networking activities to guarantee greater success.

"Had a brilliant day today with Claire Godwin; learning to overcome my fear of public speaking. Claire is an absolute joy to work with and I have learnt so much in a relatively short space of time. Her sense of humour is brilliant and you can't help but feel relaxed in her company"