



1:1 Foundational Training

Goal: Individuals seeking general training on public speaking skills including content development, delivery techniques, and strategies to improve confidence.

Format:

- 5 virtual sessions (*in-person available upon request*)
- Weekly (*recommended, but subject to client's scheduling preferences*)

Takeaways:

- Understanding what makes speakers “confident”, “engaging”, and “impactful”
- Increased self-awareness of public speaking strengths and areas for growth
- Strategies for content development including storytelling and data visualization
- A toolkit of practice strategies
- A speaking warm-up routine
- A pre-speaking-event checklist
- Access to an AI public speaking practice tool for duration of coaching package

Rate*: \$1,200

What clients say

"I loved this session; it was extremely informative and very relevant to my everyday job. I will be implementing a lot of what we discussed today right away."

-Masterclass Participant, **Trip Advisor Group**

"It was an excellent learning experience that provided new insights into effective presentation techniques, understanding mindset frameworks, and optimizing speaking skills."

-Masterclass Participant, **Enersponse**

"Lizzie taught me more in a matter of months about storytelling and presence than I learned in 15 years of finance."

-Program Manager, **Google**

"I'm presenting at a town hall in the next few weeks, and this is just what I needed. I was initially unsure of how to prepare to cover all the topics I need to speak on, but Lizzie's advice helped me focus on the key skills and techniques I should develop to connect with the audience and deliver impactful insights."

-Masterclass Participant, **TIAA**

"In addition to it being an effective learning experience, the session was just plain fun!"

-Sr. Product Manager, **Enersponse**

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*Pricing as of June 2025, subject to change. Prices quoted are for virtual sessions. In-person sessions are subject to additional fee.



Training plan

	In session	Post-session
Session 1	Introduction & Connection <ul style="list-style-type: none">• Discuss what “good” looks like• Self-awareness exercise• Discuss presentation nerves• Introduction to preparation pyramid	<i>Observation assignment</i>
Session 2	Content strategy <ul style="list-style-type: none">• Slide development principles• Data visualization• Metaphor development	<i>Observation assignment</i>
Session 3	Clarity techniques <ul style="list-style-type: none">• Alignment• Vocal & visual strategies for in-person & virtual presenting	Self-record assignment
Session 4	Personalizing your presentation <ul style="list-style-type: none">• Assess personal characteristics• Storytelling framework & development strategies	Self-record assignment
Session 5	Comfortable & flexible delivery <ul style="list-style-type: none">• Unscripting your content• Flexible practice techniques	Apply what you’ve learned to your next presentation!