



LEARN 15+ YEARS OF EXPERIENCE | COURSE TAUGHT 10+ YEARS | IN 8 COUNTRIES

"[THE PROGRAM] ... WILL REVEAL TO YOU WHERE YOU ARE IN YOUR CONFIDENCE AND JOURNEY WITH YOU TO UNLOCK WHAT IS NEEDED TO BECOME AN EFFECTIVE, BOLD AND CONFIDENT PUBLIC SPEAKER."

"IN THE BEGINNING OF THE PROGRAM, I WAS CLUELESS OF THE DIFFERENT TECHNIQUES TO USE IN PUBLIC SPEAKING. THROUGHOUT THE PAST SESSIONS, LANCE DEMONSTRATED THE DIFFERENT TECHNIQUES AND HOW EFFECTIVE THEY ARE. THE TECHNIQUES THAT STUCK WITH ME ARE DRAMATIC PAUSE, VOICE DYNAMICS AND BODY LANGUAGE. WHEN I HAVE IMPLEMENTED THESE TECHNIQUES, I NOTICED THE IMPACT MY WORDS HAVE ON PEOPLE. THESE TECHNIQUES HAVE BROUGHT MY PUBLIC SPEAKING SKILLS TO THE NEXT LEVEL. THIS WORKSHOP WAS EFFECTIVE IN TEACHING THE DIFFERENT TECHNIQUES TO USE NOT JUST IN PUBLIC SPEAKING BUT IN EVERYDAY LIFE."

"THIS PROGRAM WOULD HELP YOU BOOST YOUR CONFIDENCE TO STAND AND SPEAK IN FRONT OF AN AUDIENCE."



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VOICE/SPEECH COACHING HELPS PARTICIPANTS LEARN PUBLIC SPEAKING SKILLS AND COMMUNICATION TECHNIQUES TO EFFECTIVELY CONNECT WITH THEIR AUDIENCE.

THROUGH THE EXPERIENCE OF COACHING ACTIVITIES, PARTICIPANTS LEARN 9 EFFECTIVE PRESENTATION SKILLS TO SPEAK WITH CONFIDENCE.

THE 3 COACHING TOPICS DISCUSSED ARE

WORD CHOICE (REPETITION, EMOTION & STORYTELLING)

VOICE DYNAMICS (CHANGE OF TONE, DRAMATIC PAUSE & VOICE PROJECTION)

& BODY LANGUAGE (HAND GESTURES, EYE CONTACT & FACIAL EXPRESSIONS)



WORD CHOICE

Learn how to know what to say but fundamentally how to say it to inspire listeners. You will learn how to create positive feelings with audience members and acquire devotion from each person in the following areas: repetition, emotion and storytelling.

KNOW WHAT TO SAY & WHEN TO SAY IT



VOICE DYNAMICS

Learn the ability to inspire an audience with a specific feeling to make them always reflect & think on what was said. You will learn how to get your audience to listen when you speak in the following areas: change of tone, dramatic pause and voice projection.

GET YOUR AUDIENCE TO LISTEN



BODY LANGUAGE

Learn how to connect to an audience, remain in control and gain positive trust with your listeners. You will learn how to leave a good impression on audience members in the following areas: hand gestures, eye contact and facial expressions.

IMPACT THE LIVES OF PEOPLE



2-DAY TRAINING

10:00 a.m. to 1:00 p.m. EST*, 3 hr. Voice/Speech Coaching

ORIENTATION - An overview of the communication & public speaking skills & techniques in the coaching sessions.

HAND GESTURES - Add meaning to your speech through specific bodily movements to obtain a sense of confidence.

EYE CONTACT & FACIAL EXPRESSIONS - Learn how to use eye contact & facial expressions to foster reassurance & symbolic meaning.

2-DAY TRAINING

10:00 a.m. to 1:00 p.m. EST*, 3 hr. Voice/Speech Coaching

CHANGE OF TONE - Learn the art of wordplay and fostering collaboration with others in group settings.

DRAMATIC PAUSE & VOICE PROJECTION - Learn the importance of voice pauses and projections during a speech.

REPETITION & EMOTION - Learn how to give an added twist of repetition & emotion in your speech to foster interaction & connection.



2-DAY TRAINING

10:00 a.m. to 1:00 p.m. EST*, 3 hr. Voice/Speech Coaching

STORYTELLING - Create your own allegorical story through creative writing. Learn the art of storytelling.

PRESENTATIONS - Utilize the skills & techniques acquired through the coaching sessions to present allegorical story.

5 APPROACHES

ON SATURDAY @ 10:00 AM to 1:00 PM EST*

2 Day Voice/Speech Coaching

1. THE LECTURE APPROACH

- Education (The 9 Skills & Techniques of Public Speaking)
- Research (A Variation of Evidence Based Research as Support)

2. THE SEMINAR APPROACH

- Videos (Audio Recordings)
- Activities (Icebreakers)

5 APPROACHES

ON SATURDAY @ 10:00 AM to 1:00 PM EST*

2 Day Voice/Speech Coaching

3. THE WORKSHOP APPROACH

- Student Presentation
- Group Discussion (Group Sharing & Q&A's)

4. THE COACHING APPROACH

- Instruction & Show An Example
- Demonstration & Feedback



5 APPROACHES

ON SATURDAY @ 10:00 AM to 1:00 PM EST*

2 Day Voice/Speech Coaching

5. THE DISCRETE TRIAL TRAINING APPROACH

- Break EACH technique down Skill-by-Skill, Block-by-Block
- Provide Positive Reinforcement & Reward(s)

REWARD(S)

- Could include but not limited to a **FREE** Public Speaking eWork Booklet etc.

JOIN LANCE ON A 6-HOUR JOURNEY

LEARN 15+ YEARS OF EXPERIENCE | COURSE TAUGHT 10+ YEARS | IN 8 COUNTRIES

I COMPLETED A PUBLIC SPEAKING COURSE AT HUMBER COLLEGE (NOW KNOWN AS HUMBER POLYTECHNIC) IN 2007

I MET MY MENTOR THAT SAME YEAR WHO IS A ENCOURAGEMENT SPECIALIST, INTERNATIONAL YOUTH SPEAKER AND OLDER BROTHER TO JEROME 'J.Y.D' WILLIAMS WHO PLAYED IN THE NBA

JOHNNIE WILLIAMS III

MY FIRST SPEECH AT A PUBLIC SCHOOL ASSEMBLY WAS IN 2008, ALL THANKS TO JOHNNIE. I SAT ON A PANEL ALONGSIDE A TDSB TRUSTEE, JEROME 'J.Y.D' WILLIAMS, JOHNNIE WILLIAMS III, JOHNNIE WILLIAMS JR. (FATHER), AND A SAXOPHONIST, DAVE MC LAUGHLIN

I HAVE NOW 15+ YEARS OF PUBLIC SPEAKING EXPERIENCE

ONE DAY, AFTER A SPEECH IN 2012, TWO STUDENTS APPROACHED ME AND SAID, "WE WANT TO LEARN TO DO WHAT YOU JUST DID" AND THE REST WAS HISTORY

MY PROGRAM IS NOW TAUGHT FOR 10+ YEARS

THROUGH LEADERS, WE LAUNCHED SATELLITE LOCATIONS IN CANADA, JAMAICA, AMERICA, KARACHI, JOHANNESBURG, LITHUANIA, SPAIN, KENYA SINCE 2014

8 COUNTRIES + CONTINUOUS WORKSHOP EXPANSION

I RECENTLY COMPLETED MY UNDERGRADUATE DEGREE AT THE UNIVERSITY OF GUELPH-HUMBER IN EARLY CHILDHOOD STUDIES AS OF 2023 AND AS OF SEPTEMBER 2025, I'M COMPLETING MY MASTER OF PUBLIC POLICY, ADMINISTRATION AND LAW AT YORK UNIVERSITY.

MY CURRENT JOB IS AN PROGRAM AND REGISTRATION OFFICER IN THE ENGLISH LANGUAGE CENTRE (ELC) SPECIFICALLY FOR THE ENGLISH FOR ACADEMIC PURPOSES (EAP) PROGRAM AT HUMBER POLYTECHNIC

I HOPE THIS HELPS YOU TO DECIDE TO WORK WITH ME BECAUSE I AM INSPIRED TO WORK WITH YOU

KIND REGARDS,



IF YOUR INTERESTED, YOU CAN REGISTER



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