

A person is holding a smartphone. The screen of the phone displays an advertisement for a public speaking workshop. The advertisement features the name 'LANCE CONSTANTINE' in a serif font, with a large, stylized 'LC' monogram above it. Below the name, there is a line of text: 'LEARN 15+ YEARS OF EXPERIENCE | COURSE TAUGHT 10+ YEARS | IN 8 COUNTRIES'. The main body of the advertisement consists of three paragraphs of text in a sans-serif font, all in uppercase. The background of the phone screen is a dark, slightly blurred image of a person speaking at a podium. The overall image has a dark, moody aesthetic with a focus on the phone's display.

LANCE CONSTANTINE

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."



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

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  
on May 4 & May 11, 2024

**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  
on May 4 & May 11, 2024

**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.



The background image shows a woman with dark, wavy hair and glasses, wearing a dark green hoodie. She is sitting at a desk, looking towards the right. Behind her is a large projection screen displaying a presentation slide with various icons and text. The overall scene is a professional or educational setting.

## **2-DAY TRAINING**

10:00 a.m. to 1:00 p.m. EST\*, 3 hr. Voice/Speech Coaching  
on May 4 & May 11, 2024

**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 on May 4 & May 11, 2024

### **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**

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2 Day Voice/Speech Coaching on May 4 & May 11, 2024

### **3. THE WORKSHOP APPROACH**

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

### **4. THE COACHING APPROACH**

- Instruction & Show An Example
- Demonstration & Feedback



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### **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 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 MCLAUGHIN

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 BA AT THE UNIVERSITY OF GUELPH-HUMBER AS OF 2023 AND MY CURRENT JOB IS AN ACTING PROGRAM ASSISTANT IN THE ENGLISH LANGUAGE CENTRE (ELC) AT HUMBER COLLEGE

I HOPE THIS HELPS YOU TO DECIDE TO WORK WITH ME

I AM INSPIRED TO WORK WITH YOU

KIND REGARDS,





IF YOUR INTERESTED, YOU CAN REGISTER



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FOR MORE INFORMATION, VISIT  
[WWW.LANCECONSTANTINE.COM](http://WWW.LANCECONSTANTINE.COM) OR CALL LANCE  
CONSTANTINE EDUCATION AT 647-654-8423 OR  
TOLL-FREE AT 1-877-218-3375. ONTARIO  
CORPORATION NUMBER/BUSINESS IDENTIFICATION  
1000727011.

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