

PRESENT PERFECT

*"A successful talk is a little miracle.
People see the world differently afterwards."*

Chris Anderson
Founder of TED

YOUR COACH



Adrienne Saunders

**Master Trainer,
Confidence Coach**

A professional, articulate and driven corporate trainer with over 10 years of experience in building highly effective teams for a wide range of small, medium and multinational companies such as General Electric (Engineering), Promod (Retail Fashion), Gold's Gym (Leisure) & Sweaty Betty (Luxury Sports Retail).


I've graduated from the Master Trainer Institute in Geneva and worked delivering training to organisations across a diverse range of industries including Deloitte, Bank of England, Countryside Properties, Leica Geosystems and Tusker.

My background is in team gymnastics, having personally achieved World and European Championship medals. Reaching that level requires conscious confidence, crystal clear communication, with a constant evaluation of performance and reflection on how to improve.

These sporting skills have driven my success in business which I now get to share with professionals inspiring them to reach their full potential.

As a transformational coach and speaker I have made it my mission to give people the techniques they need to learn more about themselves and their way of reacting to the world.

MY PRESENTATION CHECKLIST

	PILLAR	DETAILS	COMMENT
	Simplicity is key.	Simplicity of language, the right word in easy to understand terms. Are you clear?	
	Short is good.	Short words and sentences give you clarity and they're easy to say. Are you concise?	
	Structure is vital.	Have you organised your speech around a structure? Ex: Headlines, main story, wrap	
	Practice.	Pre-planned spontaneity. Have you learnt the 'bones' of your speech so that you can relax and sound conversational?	
	Record.	Tone, pause and pace. What do you sound like?	
	Refine.	Listen, refine and check your progress. Your almost there.	
	Butterflies	What are you going to do on the day to get your butterflies to lift you?	
	Nerves	Nerves are just a feeling. What's yours called?	
	Success	Set time aside during your preparation to visualise what success will look like for you.	

WANT TO KNOW MORE?

LET'S HAVE A CHAT.

BOOK YOUR COMPLIMENTARY DISCOVERY CALL HERE :

[Yes You Can Training discovery call](#)



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