

# Personal Voice Mastery

Maximising your Personal Impact in Business and Life

Cath Baxter's own **Personal Voice Mastery** training course supports you with the motivation, skills and discipline necessary to be a confident communicator and to be clearer and more effective when public speaking, presenting or influencing in any professional environment. Cath brings together her significant international voice coaching experience combined with a relaxed 1-1 coaching style that is unique and consistently delivers results.

The **Personal Voice Mastery** training course is delivered over 6 sessions (60 mins each session) and shares all the tools required to suit your personal and professional needs. You learn Cath's secrets to voice mastery, you build the confidence to apply them and you then relate all of this to your unique requirements to make a huge personal impact. In each session Cath shares a brand-new set of tools, that over the course of 6 sessions will move you from self-conscious, to conscious and deliberate communication. Following successful completion of the training, you will have mastered your voice and you will be ready to face any audience with confidence, certainty and humour.

## Power of Pause

- Learn the #1 tool that can establish your credibility
- How to slow down your rate of speech
- How to declutter your message and use less words for more impact
- How to avoid fillers and hesitations sounds

## Communicating under pressure

- How to think clearly on the spot
- Explore the 4 steps to giving great answers
- How to give yourself thinking time.
- Learn 3 structures for great responses

## Structure your ideas for impact

- Understand the Givens of every important communication
- Learn the ABCD of great presenting
- Understand how to arouse curiosity and get buy-in

## How to speak so others listen

- How to warm-up and prepare your voice
- Find more vocal resonance and range for impact
- How to increase emphasis and land your point
- Effective use of body language

## Handling Nerves

- Understand how nerves affect you
- Learn how to prepare for nerves
- Reverse your thinking around nerves
- Explore exercises to empower you to communicate under pressure

## Telling your Story

- Understand the power of your story
- How to use your story to influence
- How to recognise your story
- How to structure your story

**Personal Voice Mastery** is delivered by Cath online via your preferred platform or face to face in London. By working with Cath 1-1 you have the opportunity to immediately practise the skills learnt in a safe and supportive environment. **Personal Voice Mastery** incorporates home exercises and training that you can go on to complete independently. In this way, you combine the processes and skills learned with the discipline required to become a master of your voice! Due to her other professional commitments, Cath offers this course with limited availability so don't miss this chance to work one on one with one of the leading voice coaches in the UK.

# Personal Voice Mastery

Maximising your Personal Impact in Business and Life

Cath Baxter's own **Personal Voice Mastery Foundation Course** supports you with the motivation, skills and discipline necessary to be a confident communicator and to create more impact when delivering your messages. Cath brings together her significant international voice coaching experience combined with a relaxed one-to-one coaching style that is unique and consistently delivers results.

The **Personal Voice Mastery Foundation Course** is delivered over three 60-minute one to one coaching sessions, that are **uniquely tailored** to your personal and professional needs. You learn Cath's foundation building secrets to voice mastery, you develop the confidence to apply them and you then relate all of this to your unique requirements to make a huge personal impact. Following successful completion of the sessions, you will have learnt the tools required to master your voice, your impact and be ready to face any client, colleague, friend, or audience with confidence, certainty and humour.

## Vocal Impact - Landing the Message

- Understand your voice and how it works
- Build distinction & clarity in your voice
- Establish vocal impact and confidence
- Sustain your vocal energy & projection
- Develop range and dynamics in your messages
- Understand the connection between your voice and your breath

## Physical Impact - Enhance the Message

- Understand how physicality affects vocality
- Understand your body use habits
- How to create impact personally and professionally
- How to physically prepare for important communications
- How to use your physicality and breath to effectively to manage adrenaline

## Aligning the Vocal and Physical - How to communicate succinctly

- How to prepare voice and body for impact
- Effectively pause for vocal control & authority
- Learn to be succinct in your communications
- How to communicate effectively on the spot
- Declutter your message for impact
- Practise of skills in work/life situations
- Bonus end course review

**Personal Voice Mastery** is delivered by Cath to you via your preferred online platform or face to face in London. **Personal Voice Mastery Foundation Course** incorporates home exercises that you complete independently and review with Cath. In this way, you combine the processes and skills learnt with the discipline required to become a master of your voice! Due to her other professional commitments, Cath offers this course with limited availability so don't miss this chance to work one on one with one of the leading voice coaches in the UK.



## Personal 1-1 Coaching Testimonials:

Below is a small selection of testimonials from clients who have completed the Personal Voice Mastery training:

- **Touker Suleyman – Dragon’s Den:** *Catherine was very professional; she inspired me, gave me direction, taught me techniques and gave me a huge amount of confidence that was required for my role on Dragon’s Den. I would highly recommend her.*
- **Scott Ellis – Products Lead IBM:** *Cath, your coaching has helped me to create impact in order to overcome what was a somewhat taciturn style, if I'm very honest! I had the confidence and tools to deliver some very unglamorous internal presentations in a hugely engaging manner which had a major impact on my team's impression of me.*
- **Vanessa Arends IT Consult:** *Cath is a phenomenal Voice Coach and I enjoyed working with her. Cath has cracked the code on teaching the skills and presence needed to deliver high impact communication with confidence and purpose. I highly recommend Cath for her coaching.*
- **Jean-Claude Vacassin – Fitness Entrepreneur:** *The work that I've done with Cath has been invaluable. Challenging and impactful in equal measure. Couldn't recommend Cath and her work highly enough.*
- **Sal Naseem – IOPC Regional Director, London:** *I was lucky enough to work with Cath this year, and even though we went virtual because of Covid I can honestly say it was the best training I've had. Cath's insight and expertise really shone through. Basically, she's brilliant!*
- **Colin Hay – Exec Business Leader:** *If you want to maximise your Voice and Personal Impact, your ability to Influence, your Presence...speak to Cath. Cath is a Master of her craft; she has honed a deep understanding of how humans react to the nuances of verbal and physical communication.*
- **Lesley Lloyd – Chair, NED:** *I thoroughly recommend Cath's work as a Voice and Impact coach. I completed Cath's Personal Voice Mastery training and found it to be a thoroughly rewarding experience. Cath truly is an expert in her field. What surprised me most was how quickly her tools created impact. From the very first session I could hear a real difference in my voice.*



For further personal testimonials please review my LinkedIn page - [www.linkedin.com/in/cathbaxter](http://www.linkedin.com/in/cathbaxter) and Twitter account - [twitter.com/ProVoiceCoach](https://twitter.com/ProVoiceCoach)



## Group Business Training Testimonials

Below is a selection of testimonials from organisations where I have delivered the Personal Voice Mastery training:

- **Northern Ireland Civil Service:** *The session was excellent. Very effective trainer, really useful tips, a very well spent afternoon, this course should be mandatory for all NI Senior Civil Servants.*
- **Office of Rail and Road:** *I just wanted to write and thank you for speaking at our staff conference. Ian Prosser CBE have received great feedback on your session.*
- **Women into Leadership:** *Finding Cath and bringing her on board has been one of the best moves for WIL. Her sessions are constantly superb and receive nothing less than outstanding feedback. We highly recommend her work.*
- **DVLA:** *Cath is an extremely engaging, knowledgeable subject matter expert who exceeds expectation. Cath is excellent value for money, who ensures all content is relevant and transferable to the workplace. Thanks again for your great work with us.*
- **Scottish Government:** *Cath Baxter's professionalism, experience and energy in sharing this Voice Mastery presentation is not only a delight to watch, to listen to, and to learn from – it's an impressive array of tips and tools for us all to keep in mind in any situation, both personally and in business.*
- **NHS Improvement:** *I was sceptical about the usefulness of the course until I took part in it. Wow! Really powerful tools and techniques powerfully delivered. Few courses achieve such an impact. Cath is a great tutor. She is very 'real' and a brilliant role model of the approaches she teaches. This really was one of the best short courses I've done in years – and I've done a lot!*
- **NHS Communicators conference:** *Cath was highly responsive, helpful and professional throughout all our interactions with her prior to the event. She came very well recommended and we were not disappointed. I found it very valuable to learn that good speaking skills can be learnt and practised.*
- **GSK:** *What we learned on the course is relevant to nearly every aspect of working life. I'm applying what I've learned to how I act in meetings and how I interact with people over the phone as well as applying the more formal presentation skills. Highly recommended.*



For further information regarding my credentials please go to the following page on my website: <https://www.cathbaxter.co.uk/about-cath.html>

## Personal Voice Mastery Training:

If you want to learn how to effectively influence those around you, it is essential to become fully conscious of your verbal and physical delivery in a positive and dynamic way. When we communicate unconsciously, our message can become cluttered and unclear. Working in an online environment, delivering presentations or public speaking can make us feel self-conscious, which can further undermine our impact.

In these training programmes UK Voice and Public Speaking Expert Cath Baxter guides you step by step to being able to deliver your messages with confidence. These training programmes are fully interactive and have proven results. Cath Baxter is one of the leading voice coaches in the UK with over 20 years' experience. For 14 years Cath was Head of Voice at Mountview, one of the Top 5 Drama Schools in the UK. Cath has worked with leading actors, leaders of industry and your everyday individuals who just want to have confidence that they have mastery of their voice.

Costs: Please get in touch to discuss costs for both the 3 hour and 6 hour training programmes.