

# PUBLIC SPEAKING WORKSHOP

*Limited to 5 Participants*

Moving audiences is essential to moving your message. This takes a recipe of engaging content, confident delivery, and the third element of likeability. Whether you are a novice or seasoned speaker, this workshop can up your game in front of crowds, public meetings, and presenting to small groups.

**AUTHENTICITY • RELATABILITY • PERSUASIVENESS**



**JOIN US!**

**Wednesday, March 25th**  
**10am-12:30pm**  
*Space limited to 5 people*

3141 Guido St. Oakland  
Coffee & Snacks  
\$250 paypal/zelle

**For info or to RSVP**  
*Beth @ 510-760-4202*  
*bethtrimarco@gmail.com*

Many public speaking coaches use an “outside in” approach of shooting video to pick your performance apart. This training takes an “inside out” approach that grounds you in your authentic self. You’ll learn to:

- Develop engaging content and structure
- Use an authentic voice
- Audience engagement and relatability
- Body language & other non-verbal cues
- Grounding exercises for nervousness

***Expect to have FUN, meet people, and  
...it will NOT feel like work!  
HAPPY SPEAKING!***

**BETH TRIMARCO**  
**CONSULTING**  
bethtrimarco.com

*Beth Trimarco is a public interest communicator specializing in public speaking and message development for nonprofits, foundations, government agencies, and socially responsible companies. Working with everyone from grassroots leaders to elected officials, Beth develops takes a values-based approach with an intersectional feminist lens.*