



# SARAH BATEMAN

As a long standing member of Toastmasters International, Sarah has earned the Distinguished Toastmaster Designation (the highest Toastmaster Designation). She is a graduate from the National Speakers Association Apprentice Program and is a certified coach through the World Class Speaking Program. She takes pleasure in guiding new speakers while they gain confidence from her mentoring and are surprised at her ability to draw out their creativity.

Sarah aids entrepreneurs in the development of a focused message which is relatable, memorable, and succinct. She teaches techniques which help decrease the stress and time involved in preparing presentations.

In addition to being a public speaker, Sarah is the author of "Speak Up! Be Heard! : Finding my Voice" and a contributing author to the book, "15 Concise Strategies To Improved Communication." She is currently presenting workshops designed to help people create more fulfilling lives by learning to share their knowledge, opinions and ideas.



## Sarah teaches how to

- Establish credibility in seconds
- Enhance confidence by building powerful communication skills
- Eliminate barrier creating body language
- Capture and maintain your audience's attention
- Create memorable and moving messages
- Construct organized and influential presentations
- Hone storytelling techniques that build report
- Take command of Q&A sessions
- Learn to pace your presentation for maximum audience connection
- Present with clarity, energy and humor