



## Program

*Before I Start Talking*: Communication Strategies for Women Leaders

## Program Description

*Before I Start Talking* is a one-hour interactive presentation that introduces participants to a straightforward process women leaders can use to get their voices in the room, conduct difficult conversations, and share their vision.

The content includes a step-by-step exploration of this unique three-part approach: Intention, Alignment, and Practice. Each segment includes examples to illustrate the idea, and I elicit examples from the audience as well, synthesizing the learning. I stop for discussion after each section, making sure I am tailoring the content to the needs of the group.

Briefly, the content is this:

**Intention** is the foundation of all communication. We speak in order to make something happen, to cause a change. Most of the time, we're not aware of what our intention is, so we use a default intention. This works fine until the stakes are higher—then we need to be very aware of our intention, and how to use it to get people on board with our message, defuse a tense situation, etc.

**Alignment** is how our body and voice support our intention. If our vocal tone, eye contact, gestures, or posture are not consonant with our message, it will backfire. Great communication happens when all these elements are aligned.

**Practice** is just what it sounds like! But there are best practices for preparing for a presentation or high-stakes conversation, and I share them in this section of the program.

I also cover the causes of stage fright/nerves, and techniques on how to manage and mitigate them.

## Learning Objectives

- Understanding a new approach to high-stakes communication that leverages the strengths of the speaker and utilizes a deliberate intention to reach the outcome.
- Methods to practice this approach
- Techniques to manage anxiety and stage fright

## Presenter Bio

**Angie Flynn-McIver** is the founder and President of Ignite CSP: Coaching, Speaking, Presenting, a coaching firm specializing in communication skills. She has designed and facilitated leadership-training programs, coached executives, and taught workshops on intentional communication, executive presence, and public speaking all over the country. Her individual clients include politicians, clergy, C-suite executives, professional public speakers, authors, musicians, and more. Ignite CSP's clients include Big Four accounting firms, major consulting companies, banks, nonprofits, and healthcare systems.

Angie is a member of the International Coach Federation and a PCC-level certified coach. She holds a Masters Degree in Organizational Development and Leadership from Fielding Graduate University and a BA in Theatre with Honors from Smith College. Angie has taught on the faculties of both the University of North Carolina at Asheville and Warren Wilson College. She served on the boards of the North Carolina Theatre Conference and Lillian's List.

Angie comes to her coaching work from a lifetime spent in theatre: acting, directing, and producing. She and her husband, Charlie, founded North Carolina Stage Company in Asheville, NC, which has won many local, regional, and national awards since its inception in 2001.