

Taming Your Public Speaking Monkeys - Dee Clayton

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A Godsend for anyone who's ever suffered that dread of speaking in public! If, like almost everyone, you're petrified of public speaking, the last thing you want is a lecture! And there lies the brilliance of this unique book's genuinely innovative approach to the issue: Dee Clayton makes the process of overcoming those negative voices in your head (Your 'Public Speaking Monkeys!') and becoming an effective speaker lighthearted and fun! A Godsend for anyone who's ever suffered that dread, Dee's refreshingly simple yet amazingly effective multiawardwinning approach has already helped thousands to overcome their fears and become effective and confident public speakers. Significantly, the author's keenly aware that for most of us, effective public speaking isn't necessarily an end in itself but a means to other ends for example Dee has already helped company directors to persuade more successfully, doctors to win more funding, mediators to influence international decisions and all kinds of business people to fulfil their potential. What's more, this is a genuinely practical guide! Unlike most 'self help' books on the topic (or any other), this one doesn't just tell you what to do; in her chatty, goodhumoured style, Dee explains exactly how, sharing her own experiences and coaxing the reader through a programme that doesn't just work it even makes public speaking enjoyable! Taming Your Public Speaking Monkeys® works so well because its easy, enjoyable style is underpinned by Dee's solid, reallife experience of speaking publicly to tens of thousands of people first in her highly successful twentyyear marketing career (communicating for UK household brands such as Jacob's Creek, Pizza Hut and Jammie Dodgers to name but a few) and now as a public speaking training specialist. Equally vitally, the book draws heavily upon the NeuroLinguistic Programming (NLP) techniques and insights in which Dee is a highly experienced Trainer and Master Practitioner. Taming your Public Speaking Monkeys® is a rare find: a selfhelp book that really helps and best of all the results come to you quickly and stick with you for life! Author: Dee Clayton Publisher: M-Y Books Illustration: N Language: ENG Title: Taming Your Public Speaking Monkeys Pages: 00000 (Encrypted EPUB) On Sale: 2012-05-04 SKU-13/ISBN: 9781908372307 Category: Self-Help : Motivational & Inspirational

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