

female speaking berlin

4-MONTH PROGRAM



“I am the only woman on my team, in team meetings I feel that I have to force myself to speak up, over and over again.

Last week, I shared my vision on how to solve a specific problem that we were facing in the software development.

..

No response.

2 minutes later, my male colleague shares the exact same idea. The whole team agrees and applauds for him.

I freeze.”

- Claire, joined a workshop of Female Speaking Berlin in May '24





We hear stories like this **all the time**.

Women still face significant barriers when it comes to confidently sharing their ideas and getting their voices heard. Even when we do speak up, our ideas often don't receive the same attention or validation as those of their male counterparts.

That's where **female speaking berlin** comes in!

Research after research shows that public speaking is extremely relevant for career opportunities.

But, if we don't know how to confidently stand up and share our ideas, so much potential gets lost.

DO YOU..

- ✓ Struggle to **speak up** in meetings?
- ✓ Experience **nervousness** when you have to speak in public?
- ✓ Find it difficult to **structure** your message?
- ✓ Feel the need to **connect** more with the women in your company?

WOULD YOU..

- ✓ Want to feel more **confident**?
- ✓ Learn skills to help **communicate** your ideas more **effectively**?
- ✓ Want to experience the feeling of a **supportive community** of women?
- ✓ Want to discover your **authentic** way of speaking in public?

Then this program is for you!
Mobilize your female co-workers and come
on a **transformative journey** with us!

4-MONTH PROGRAM

01

4 FULL DAY SEMINARS

In 4 full days (1 per month), we dive deep into different topics connected to public speaking. There is a lot of space and time to practice your skills

02

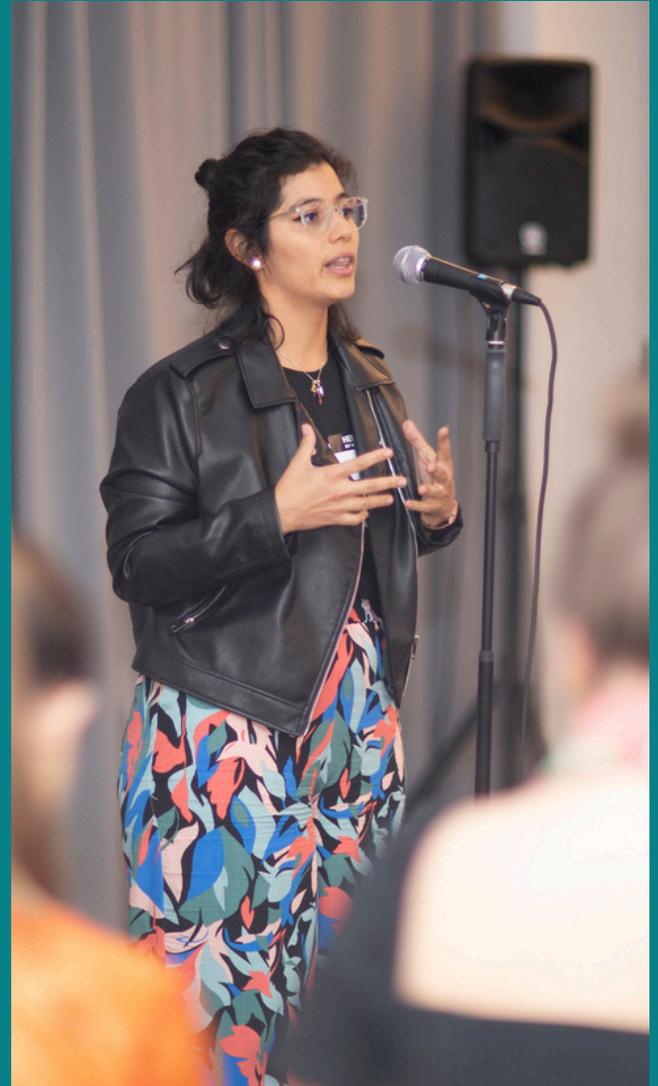
SLACK CHANNEL - MONTHLY CHECK-INS

Between the full-day sessions, we create the possibility to check in with each other via a shared channel. Share your victories, learning moments and questions!

03

1-1 COACHING

In the four months, we work towards a final speaking event, where every woman will have a chance to speak. Each woman receives a 1-1 coaching before this event, to finetune your speech/story!



04

FINAL SPEAKING EVENT

After the fourth session, we organize a final event. As a group we will shape this event and decide what it should include and for who it will be open. 1 thing is sure: every participant has a chance to speak!

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"Working with Female Speaking Berlin was honestly one of the **most empowering experiences** I've had as an Anchor for Women in Engineering.

The **community vibe** and support were amazing. I knew it'd be good, but I didn't expect it to be that good!"

-Hila Enoch, Product Operations at Soundcloud

TIMELINE

Each month, we'll gather for a full-day seminar—held at your company, with **a group of fellow female co-workers**. Each session will be dedicated to a specific topic.

Please note, that it is also possible to stretch it over a period of 6 months, depending on the availability of the group!

MONTH 1

TURNING SPEAKING ANXIETY INTO CONFIDENCE

Get a better understanding of what is holding you back from speaking up and sharing your ideas. Which **beliefs** are connected to public speaking for you? Through various exercises and practice, we turn **anxiety** into **confidence**.

MONTH 2

BODY LANGUAGE AND VOICE

We can have **amazing**, world-changing **ideas** - but if we can't **communicate** them in an **effective** way, they will always only stay 'our' amazing ideas.

How can you use your body and voice in a way that is authentic, dynamic and convincing?

MONTH 3

THE ART OF STORYTELLING

Story-telling structure gives you a very simple and clear tool, to lift any kind of presentation to another and more inspiring level. The structure offers a base, that helps you to speak and structure your content with confidence.

MONTH 4

DEFINE YOUR PROFESSIONAL VISION AND MISSION

Explore your true purpose, what brings meaning to your work and how to craft your vision and values.

Bring a deeper level of clarity to what you want most from your life and career.

WHY A 4-MONTH PROGRAM?

A great opportunity to deeply immerse yourself in your **personal development**.

Public speaking includes mindset, personal obstacles and beliefs, taking up space and growing confidence.

This is a unique chance to build deeper connections to your female co-workers. The program offers you a shared experience which naturally results in a **sense of community** and support. Together you learn, practice and grow.

This program gives you the chance to practice new skills in the 'real life work environment', between the sessions.

You can immediately **put your skills into practice** and work on obstacles you encounter.

The best way to build confidence in public speaking, is by **consistent practice**.

The length of the program gives you the chance to truly integrate new skills and build your confidence.



WHAT OTHER WOMEN SAY

“This was a **transformational experience**. I learned techniques and developed my skills in public speaking and interpersonal communication, but the benefits of the coaching went beyond that. The sessions were occasions for **self-exploration**.”

-April Matias, sender GmbH

"Do you want to lead and inspire with a powerful presence? FSB will bring out your **natural stage confidence** and grow your public speaking muscle. By creating a **fun, safe and empowering** space they helped me to apply well-established performing arts techniques within the business context. Highly recommended!"

-Iga Kowalczyk, product design

THE TRAINERS



DYANE NEIMAN

Co-Founder



ESTHER DE BRUIJN

Co-Founder

With their shared theatrical backgrounds, Dyane and Esther are masters at storytelling, effective communication and taking the stage with confidence. Together, representing two different generations of women, they create a supportive environment where all women feel valued and seen.

INVESTMENT

Note that it is possible to pay in terms - a part can be paid in 2024 and the other part in 2025.

It is possible to use your **personal development / L&D budget**.

4-month program	Includes	Duration	Price
6-15 participants 2 trainers	monthly check-ins one individual coaching final speaking event hand-out	4 x 8 hours in-company 1 x 1-hour session p.p. 1 x 2-hour final event monthly check-ins	18.000 <i>(1.800 p.p. with 10 participants)</i> <i>1.200 p.p. with 15 participants)</i>

If 4 months is too much of a time investment in your company, we can also offer the program as a 3-month program. Content wise we can together decide how to crop it.

3-month program	Includes	Duration	Price
6-15 participants 2 trainers	monthly check-ins one individual coaching final speaking event hand-out	3 x 8 hours in-company 1 x 1-hour session p.p. 1 x 2-hour final event monthly check-ins	15.000 <i>(1.000 p.p. with 15 participants)</i>

"WHAT I WANT YOUNG WOMEN AND
GIRLS TO KNOW IS:

**YOU ARE POWERFUL AND YOUR
VOICE MATTERS.**

YOU'RE GOING TO WALK INTO MANY
ROOMS WHERE YOU MAY BE THE
ONLY ONE WHO LOOKS LIKE YOU OR
HAS HAD YOUR EXPERIENCES.

BUT REMEMBER, YOU ARE NOT
ALONE. WE ARE ALL IN THAT ROOM
WITH YOU, CHEERING YOU ON.

SO USE YOUR VOICE, BE STRONG
AND KNOW THAT WE ARE PROUD OF
YOU."

- KAMALA HARRIS



JOIN US!

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