

NATASHA CRUZ

Public Speaking & Communication Expert



PUBLIC SPEAKING FEAR IS COSTING CAREERS

HERE'S HOW TO FIX IT

Why talented professionals stay invisible in meetings, interviews, networking events, and the simple shifts that change everything.

Natasha Cruz is a public speaking and communication expert who helps high-achieving introverts and professionals speak with clarity, confidence, and authority – without pretending to be extroverts. After overcoming her own fear of public speaking, Natasha now teaches practical, science-backed tools that turn anxiety into executive presence. Her message resonates across workplaces, schools, and households: communication is not a personality trait – it's a skill. And when mastered, it becomes a career advantage.

TIMELY MEDIA TIE-INS

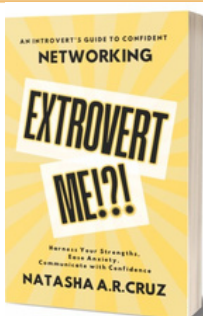
- New Year, New Voice: How to Speak Up Without Fear
- Career Resolutions: Stop Being Overlooked in Meetings
- Confidence Is Attractive: Why Your Voice Impacts Leadership
- Women's History Month: Why Women's Voices Get Interrupted – and How to Change It
- Graduation Season: Elevator Pitch Mastery for College Grads
- Summer Conference Season: How to Captivate a Room in Under 60 Seconds
- Back-to-School: Helping Teens Overcome Fear of Speaking
- Promotion Season: Stop Getting Passed Over - Speak Like an Executive
- Holiday Networking: How to Navigate Events Without the Awkwardness
- Holiday Gatherings: Communicating Boundaries with Family

HIGH IMPACT SEGMENT IDEAS

- **WHY 77% FEAR PUBLIC SPEAKING**
Quick, practical fixes viewers can use immediately
- **THE 60-SECOND INTRODUCTION**
Live demonstration segment
- **STOP RAMBLING**
Simple structure that builds instant authority
- **NERVOUS? TRY THIS 3-MINUTE RESE**
Visual, calming technique
- **HOW TO HANDLE INTERRUPTIONS**
Especially Relevant to Women in Leadership

LIVE ON AIR DEMONSTRATIONS

- 60-second pitch transformation
- Body-language authority shift
- Rapid anxiety reset. Real-time
- Audience coaching



Author **Extrovert Me?!: An Introvert's Guide to Networking**

Next In Series: **Introvert's Guide to Public Speaking**

BOOKING & MEDIA INQUIRIES

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Available Nationwide - Available Last Minute