

[PDF] The Well-Spoken Woman: Your Guide To Looking And Sounding Your Best

Christine K. Jahnke - pdf download free book

"This book is filled with practical advice that will help you not only become a more confident speaker, but also a more effective one." —Gloria Steinem

"I wish I had read a copy of *The Well-Spoken Woman* before I first stepped up to a microphone. Because this brilliant author offers a number of tips that can make you feel more confident and less nervous about public speaking." —Liz Wiseman, author of *Queen Bees & Wannabes!*

"This book is a great resource for every woman who wants to make her voice heard. It provides practical tips, real-life examples, and helpful tips on how to make the most of every presentation. From initial contact and business meetings to local political campaigns and national television appearances." —ANN L. LEVIN, former White House director of communications

"The author presents the country's most skilled public speakers and their government speeches. She offers practical advice on how to make your own speeches more effective. Her advice is not only helpful but also inspiring. This book is a must-read for every woman who wants to make her voice heard." —STEPHAN LEE, author of *How to Succeed in Business Without Really Trying*

"This is a great book to do it yourself manual. And I love the Real-time zones that created a sense of urgency with readers. I've read this book and I've learned a lot. I've learned a lot from this book and I've learned a lot from this book. I've learned a lot from this book and I've learned a lot from this book." —GREGG STANLEY, CEO, President, The Home Depot

"Speech coach Christine K. Jahnke has written a book that all women should read. It is a practical and inspiring guide to becoming a more confident speaker. It is a must-read for every woman who wants to make her voice heard." —JENNIFER L. HARRIS, author of *How to Succeed in Business Without Really Trying*

"We may have 'come a long way, baby,' but when it comes to speaking publicly—whether in front of a TV camera or an audience—many still have a long way to go. This book is a must-read for every woman who wants to make her voice heard. It is a practical and inspiring guide to becoming a more confident speaker. It is a must-read for every woman who wants to make her voice heard." —JENNIFER L. HARRIS, author of *How to Succeed in Business Without Really Trying*

"Jahnke is a brilliant communicator and teacher. Armed with this practical guide packed with her rich, real-life experiences and insights, you will see your words into words, speeches, testimony, and debates. This book is an indispensable tool for any woman who wants to get her message out." —SUSAN WALKER, Director, Center for American Women and Politics, Rutgers University

CHRISTINE K. JAHNKE is the president and founder of Public Communications Group, LLC and has provided speech coaching and media training to leaders in business, the nonprofit community, government, and politics since 1991. She has advised First Lady Michelle Obama and Hillary Clinton, congressional campaigns, and has worked with women CEOs at companies as diverse as the National Geographic Channel and the International Spinning Cooperative, among others.

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Description:

Sheryl Sandberg advises women to "lean in" to realize their full potential. To do so successfully, women need effective communication skills and a confident presentation style. In this must-have guide, one of the nation's premier speech coaches shares tested techniques from twenty years of coaching women on what works and what doesn't. The author details the practices and techniques of successful women to help all women improve their presentation and public speaking skills. With

access to her expertise, you'll learn strategies that will help you present your best self in forums from PTA meetings to TV studios, conferences to classrooms, boardrooms to YouTube.

The author has advised First Lady Michelle Obama for her International Olympic Committee speech, provided speaker training to Hillary Clinton's presidential campaign, and coached corporate CEOs and more women elected officials than any other trainer. Every woman can benefit from studying the polished speaking skills of such powerful women.

Strategic advice on everything from messaging to hair and hemlines will allow you to come across as polished and prepared. The author includes easy-to-follow exercises so you can try out techniques immediately, from the use of sound bites and secrets to establishing eye contact to what not to do with your hands.

Filled with behind-the-scenes advice, this book is for every woman who wants to present herself well, express her ideas with confidence, and earn the respect of any audience.

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