



# DARA CONNOLLY

## **STAGE™— DELIVER KILLER PRESENTATIONS EVERY TIME!**

*I “dare” you to be more impactful and influential when speaking in front of an audience!*

### **Full Description**

Most of us are nervous to speak on stage and our nervousness takes away our ability to connect with our audience.

In this highly engaging and interactive presentation, you will learn how to write and deliver a compelling speech that no longer requires notes, slides, or takes days to memorize!

Once a timid wallflower herself, Dara had to “dare” herself to speak on stage. She understands your concerns.

She developed the innovative STAGE™ program to help you speak with impact and influence—every time.

Her effective approach helps you give powerful presentations that you can easily remember and is a life-hack for potential or thriving speakers.

Give memorable presentations that stay with your audience long after you leave the stage—guaranteed!

Dara’s STAGE™ presentation uses interaction, humor, role-playing, and improvisation and can include small and large group exercises. In this interactive presentation, you will learn how to speak so others listen.

Program can be offered as a 60-90 minute or half day (virtual or in-person) program. Half or full day sessions are available upon request. There are a series of small group break-out sessions throughout the day as well as course breaks for longer sessions. Courses can be modified to fit your needs.

Our belief is that individuals need to reconnect, interact, and learn from both instructors and each other. We seek to break down barriers and preconceived ideas about the fear of public speaking.

We look forward to serving you with this program. Dara customizes every program to fit your needs.



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## **STAGE™— DELIVER KILLER PRESENTATIONS EVERY TIME!**

The STAGE acronym takes audiences on the journey of how to transform a speech using stories, takeaways, audience interaction, give (something for them to take home), end (a call to action or memorable ending). This formula works for novice or seasoned speakers to deliver masterful presentations without distracting notes or slides— every time!

Benefits participants will receive upon completion of this program:

- Increased confidence around speech writing, structure, and delivery using the **STAGE™** acronym
- Deliver compelling presentations that connect to audiences
- Improved presence on virtual and in-person presentations
- Ease of remembering your speech without notes, slides, or stress
- Exceptional storytelling

### **Bio**

Dara Connolly is a recovering timid wallflower whose voice was never heard. She learned that when you learn how to speak effectively with confidence others listen and respect you. She created the *STAGE™ Speak on Stage Confidently!* program to help you be an impactful and influential speaker in front of a live audience.

Dara has trained people who work for companies such as:

Google™

Albany Police Department

Cadbury Beverages

Psychological Counseling & Therapy Products Association

EdFund™

City of Danville & San Ramon mayoral offices

& more!

Dara is an international and TEDx speaker, corporate trainer, and 4x author. Her latest book, *Flip Your Fear* offers a simple yet profound message that inspires audiences.

Her presentation style is highly interactive, engaging and aims to transform audiences.

Dara can distribute her *Flip Your Fear* book as part of this presentation.

Contact Dara on [www.DaraConnolly.com](http://www.DaraConnolly.com) to learn more. She “dares” ya! ;)



# DARA CONNOLLY

## **FLIP YOUR FEAR™– OVERCOME FEAR OF SPEAKING & BE A RESPECTED LEADER!**

*I “dare” you to be more impactful and influential when speaking in front of an audience!*

### **Full Description**

In this highly engaging, interactive, and positive presentation, audience members will be transformed when they learn how to overcome fear and exude ultimate on-stage confidence to be a successful leader.

Takeaway the key action steps to speak with a commanding presence even if fear is present. Positive, fun, and highly motivational. Every person will leave feeling inspired with action steps to start speaking with confidence.

Program can be offered as a 90-minute or half day (virtual or in-person) program. Half day course begins at 9 am and completes at 12 pm. There are a series of small group break-out sessions throughout the day as well as course breaks. Courses can be modified as full day or a more intense two-day experience.

### **Talk Description**

Many executives find it hard to interject at meetings or communicate with power. When we feel safe, secure, and solid in ourselves we are more likely to express our ideas, contribute to team meetings, and lead our sales teams effectively. Learn the 3 strategies to be seen as a respected and prosperous influencer and have others respond to you differently. Takeaways include how to exude body language confidence to prevent being talked over at meetings and precise communication to command a leadership presence.

### **Outcomes**

- Discover how to flip fear into energy that propels you to success
- Learn the power of poise & presence– body language confidence to command every room and speak on stage so everyone listens
- Discover how to stand out in high-stress business environments with head-turning confidence to close more sales and be noticed at meetings



# DARA CONNOLLY

## **FLIP YOUR FEAR™— OVERCOME FEAR OF SPEAKING & BE A RESPECTED LEADER!**

Dara's program uses interaction, humor, role-playing, improvisation, discussion, individual, small and large group exercises.

Our belief is that individuals need to reconnect, interact and learn from both instructors and each other. We seek to break down barriers and preconceived ideas about the fear of public speaking.

We look forward to serving your training and development needs with this program. Know that we customize every program to fit your needs.

Benefits participants will receive upon completion of this program:

- Increased confidence around sharing your ideas and contributing to the corporate environment
- Improved clarity and presence on client virtual and in-person presentations
- Less stress and more effectiveness to speak with clarity efficiently
- Increased respect and admiration among coworkers and superiors
- Higher morale and team spirit and confidence

### **Bio**

For the past 20 years, Dara Connolly has been leading an award-winning movement to help others speak with impact. She is a recovering wallflower who was tired of being talked over at meetings and passed over for promotions. She created this program to help individuals exude ultimate body and verbal confidence to speak with confidence and be a respected and prosperous leader. Her program has trained thousands. Dara is an international and TEDx speaker, corporate trainer, and author. Her latest book, *Flip Your Fear* offers a simple yet profound message that inspires audiences to live fearlessly.

Dara has recently trained women who work for companies such as:

Google™

Albany Police Department

Cadbury Beverages

Psychological Counseling & Therapy Products Association

EdFund™

City of Danville & San Ramon mayoral offices

Her presentation style is highly interactive, engaging and will transform audiences when they learn how to flip fear and speak as a respected leader.

Dara can distribute her *Flip Your Fear* book as part of this presentation.

Contact Dara on [www.DaraConnolly.com](http://www.DaraConnolly.com) to learn more. She “dares” ya! ;)



# DARA CONNOLLY

## **CONNECTION OVER PERFECTION™— SPEAK WITH IMPACT AND BE HEARD!**

*I “dare” you to be more impactful and influential when speaking in front of an audience!*

### **Full Description**

Most people struggle to speak assertively to others as we fear it will result in judgment, retaliation, or conflict. In this highly engaging, interactive, and positive presentation, audience members will be transformed when they learn how to exude ultimate body confidence to be an effective and respected female leader.

Takeaway the essentials to walk and talk with confidence and be heard once and for all! Positive, fun, and highly motivational. Every person will leave with action steps to deal with difficult people or situations where they feel dismissed.

Program can be offered as a 90-minute or half day (virtual or in-person) program. Half day course begins at 9 am and completes at 12 pm. There are a series of small group break-out sessions throughout the day as well as course breaks. Courses can be modified as full day or a more intense two-day experience.

### **Talk Description**

Most don't know how to respond to an inappropriate comment or handle conflict, yet workplace gender discrimination is very real. When we feel safe, secure, and solid in ourselves we are more likely to express our ideas, contribute to team meetings, and lead our teams effectively.

We look forward to serving your training and development needs with this program. Know that we customize every program to fit your needs.

### **Outcomes**

- Learn the top 3 ways to successfully stand out and be heard at meetings
- Overcome nerves when speaking and present your ideas with power and ease
- Demonstrate effective communication with confidence to anyone



# DARA CONNOLLY

## CONNECTION OVER PERFECTION™— SPEAK WITH IMPACT AND BE HEARD!

### **Bio**

For the past 20 years, Dara Connolly has been leading an award-winning movement to help others speak with impact. A once black-belt martial arts instructor who was frustrated that her black belt alone could not help her be heard at meetings or address her female bully boss, Dara created this program to help every individual speak with impact and be heard in any environment.

Dara is an international and TEDx speaker, corporate trainer, and author. Her latest book, *Flip Your Fear* offers a simple yet profound message that inspires audiences to live fearlessly. Follow Dara on [www.DaraConnolly.com](http://www.DaraConnolly.com)

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Her presentation style is highly interactive, engaging and will transform audiences when they learn how to focus on connection over perfection and speak with impact.

Dara can distribute her *Flip Your Fear* book as part of this presentation.

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