



# DARA CONNOLLY

## **STAGE!™— DELIVER IMPACTFUL PRESENTATIONS FOR TIMID LEADERS**

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

### **Full Description**

Forbes magazine recently said learning how to master public speaking is the single most useful asset in business. Yet most of us are nervous to speak on stage and our nervousness takes away our ability to connect with others. When we fail to connect, we fail to deliver our message and we lose our ability to make an impact.

In this highly engaging and interactive presentation, you will learn how to deliver compelling presentations that wow your audience every time!

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

She developed the innovative STAGE program— a fun and effective approach that helps novice and expert speakers deliver powerful presentations.

STAGE teaches you the details of:

Stories

Takeaways

Audience interaction

Give (a tangible item members can take home)

End (ending on a powerful call to action)

### **Upon completion of this program participants will:**

- Develop memorable presentations
- Master on-stage confidence virtually and in-person
- Easily structure and remember your speech— without notes, slides, or stress
- Deliver exceptional stories that connect with audiences
- Become a more effective leader
- Accelerate your career success



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### **Interactive Content**

Dara's STAGE presentation uses interaction, humor, role-playing, and improvisation. Our belief is that individuals need to reconnect, interact, and learn from both instructors and each other. She will guide members thru preconceived ideas about the fear of public speaking and transform their presentations.

The content is designed to be scalable and has been presented from small groups of less than 5 to larger audiences over 500.

### **In person presentations:**

For smaller groups, individuals will work independently and together for small group exercises. Participants will also have an opportunity to perform exercises directly with the facilitator to help reinforce the skills learned. Dara will provide question and answer sessions during this program.

For larger audiences, she will utilize slides to accompany her content, but Dara never relies on slides alone. She will interact with the audience using group exercises, interactive live polls, as well as answer prepared questions.

Her virtual presentations are equally interactive and engaging! Online she still provides customization for your specific group and includes audience participation and role-play. She uses interactive virtual games such as "for a copy of my book be the first to type in the chat...", call and response, virtual hand-raise options, break-out sessions, and more to keep audiences engaged.

Dara's motto is "I dare you to speak with impact" and she lives up to that dare! She will deliver a dynamic program that WOWS your audience and guarantees participants laugh, learn, lean into the content— leaving inspired to deliver their next presentation.

Dara's program can be delivered as or half-day (virtual or in-person) trainings. Negotiable add on items such as her best-selling Flip Your Fear book may be included. Every program is customized to fit your needs.



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Prior to the event, Dara will meet with the curators to discuss your individual needs and concerns for your group. She will take these factors into consideration to prepare a customized and detailed approach to suit your needs.

## **Bio**

Dara Connolly is a recovering timid wallflower whose voice was never heard. She learned that when you learn how to speak with impact you can be a dynamic speaker. She created the *STAGE*™ program to help you be more impactful and influential when speaking in front of an audience.

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.

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



# DARA CONNOLLY

## **FLIP YOUR FEAR!™ – CLOSE SALES WITH CONFIDENCE FOR BUSINESS LEADERS!**

*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 the fear of selling and communicate with confidence to potential clients.

There are two reasons why selling is difficult for most of us– most of us fear rejection and we don’t want to appear “pushy”. However, when we learn to overcome rejection and reframe “selling” into helping our customers we are more effective at closing more sales.

Flip Your Fear teaches you:

- How to identify and diffuse fear
- To be Authentic in selling
- How to propel fear into Excitement and Energy
- To be Impactful and Memorable with clients

### **Upon completion of this program participants will:**

- Close more sales, more often
- Become a more effective leader
- Accelerate your career success
- Stand out in business
- Overcome nerves when selling
- Present your products with power and ease



# DARA CONNOLLY

## **FLIP YOUR FEAR!™— CLOSE MORE SALES WITH CONFIDENCE FOR BUSINESS LEADERS!**

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.

The content is designed to be scalable and has been presented from small groups of less than 5 to larger audiences over 500.

### **In person presentations:**

For smaller groups, individuals will work independently and together for small group exercises. Participants will also have an opportunity to perform exercises directly with the facilitator to help reinforce the skills learned. Dara will provide question and answer sessions during this program.

For larger audiences, she will utilize slides to accompany her content, but Dara never relies on slides alone. She will interact with the audience using group exercises, interactive live polls, as well as answer prepared questions.

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Dara's program can be delivered as 60-minute presentations or half-day (virtual or in-person) trainings. Negotiable add on items such as her best-selling Flip Your Fear book may be included. Every program is customized to fit your needs.

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



# DARA CONNOLLY

## Bio

Dara Connolly is a recovering timid wallflower whose voice was never heard. She learned that when you learn how to speak with impact you can easily influence others and close more sales. She created this program to help you be more impactful and influential when speaking on sales calls with clients.

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.

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# DARA CONNOLLY

## **CONNECTION OVER PERFECTION!™— MAKE AN IMPACTFUL IMPRESSION FOR POLITE LEADERS**

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

### **Full Description**

Most people struggle to speak assertively with confidence as we fear it will result in judgment, retaliation, or conflict. In this highly engaging, interactive, and positive presentation, polite leaders will be transformed when they learn how to exude ultimate body confidence to be an effective and respected 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 speak with impact and be memorable where they once felt dismissed.

### **Talk Description**

Many 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 influence others.

Learn the 3 strategies to be seen as a respected leader. Takeaways include how to exude body language confidence to prevent being talked over, precise communication to command a leadership presence, and how to connect with anyone.

### **Upon completion of this program participants will have:**

- Tools to speak with clarity and impact so others listen
- Increased respect and admiration among coworkers and superiors
- Higher morale, team spirit and confidence
- Confidence to share your ideas and contribute to the corporate environment
- Head-turning confidence to command a room and close more sales



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





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## **Bio**

For the past 20 years, Dara Connolly has been leading an award-winning movement to help others speak with impact. She is a recovered wallflower who was tired of being talked over at meetings and passed over for promotions. She created this program to help polite leaders exude ultimate body and verbal confidence to speak with impact and be a respected. 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.

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.

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