

The Quiet Speaking Toolkit



A self-study programme from Quiet Connections designed for quieter people who struggle with speaking up and joining in. This course is packed with tools and techniques that can be implemented from day one to reduce panic in social situations and promote confidence and calm so that they can speak more clearly and easily in conversations, groups, interviews and presentations.

What's Covered?

The Toolkit includes coaching videos, audio guides and worksheets offering 20 useful techniques addressing specific challenges experienced by people with social anxiety across six modules:

- Module 1** Calming breathing techniques for anxiety
- Module 2** Letting go of perfectionism & fear of failure
- Module 3** Stopping self-hate & quieting your inner critic
- Module 4** Moving through fear of judgement & criticism
- Module 5** Stepping into your quiet confidence
- Module 6** Building courage & self-belief to show up & be seen
- Bonus** A gentle 10 day speaking challenge

The Toolkit's Advantages

The Quiet Speaking Toolkit is considered the first step at Quiet Connections –a collection of tools that can be put into practice immediately– and compliments the courses and coaching that we offer.

The ability to take the course from the comfort of home, with no required group discussions or set challenges to worry about, prevents anxious feelings to create the optimum mindset for learning.

Provides a way to work through –and return to– valuable techniques at a pace that suits the learner.

A great place to start for anyone who may not yet feel ready or able to commit to coaching or a course where attendance and interaction is essential to progress.

This course is all about quietly learning techniques that can be used anytime there's a need to shift that sense of panic into calm in order to speak up and be seen.

How Is The Toolkit Delivered?

The course is delivered through a series of video lessons, audio guides and worksheets.

Exclusive access to the course is granted within the Quiet Connections app, which also comes with additional tips and insights. (If the client doesn't have a smartphone, alternative access to the content can be arranged).

Community support is offered in the private toolkit group on the app.

Available for only £119.99.

Please supply recipient's name and email address to get them started.