

SallyProsser

2024

**CORPORATE**  
*Services*



**WORKSHOPS +  
BESPOKE PROGRAMS**

**@SALLYPROSSERVOICE**

**WWW.SALLYPROSSER.COM.AU**



# Hi, I'm Sal!

I'm here to help your team members find their **powerful voice** so they can **influence stakeholders**, represent your brand **proudly**, share their **expertise, network** with ease and feel **excited** about public speaking.

I bring 20+ years' speaking coaching and facilitation experience to the table, including more than a decade in media.

My style is fresh and fun and I don't shy away from raw vulnerability.

I'm excited to work with you and your event!

*Sal*

# Who I've worked with



- ✓ Over the past 6 years I've worked with companies across the country from start-ups to scale-ups to big organisations.
- ✓ I've also spoken on virtual and physical stages around the world and am confident opening large events.

**TEDx**



**Deloitte.**

SafeWork SA

THE  
SOME  
WHERE  
CO.



MINDBOODYSPIRIT  
FESTIVAL



# Testimonials



## Leisel Jones, 4 time Olympian

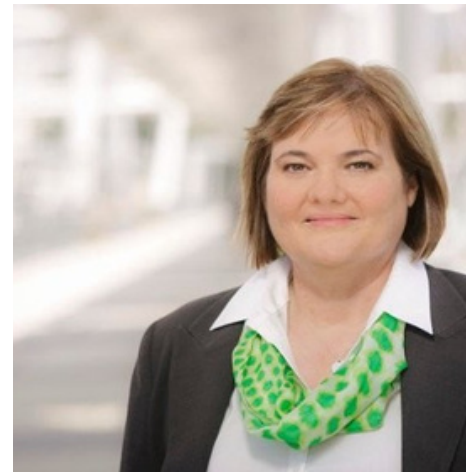
"Working with Sally was a **crucial element** to my success in commentary for the Olympic Games.

Learning simple techniques changed the way I delivered my message. This was the **best investment** for my confidence."

## Louise Dudley, CEO Urban Utilities (*former*)

"Sally's **confidence in her craft** transfers to those she works with.

We have **benefited greatly** from Sally's expertise and I highly recommend her to those who'd like to feel confident in the way they communicate."



## Scott Emerson, Media Commentator

"Sally was wonderful to work with - harnessing her wealth of knowledge and insight with an **intuitive and engaging manner**.

I would recommend her **highly**."

# Credentials

- Licentiate Diploma in **Speech & Drama** Teaching (AMEB).
- Bachelor of **Laws** + Media & Communication Studies majoring in **Journalism** (UOW).
- Master **NLP + Hypnosis** Practitioner (EAWTC).
- Spiritual **Life Coach** (DCI).
- 2020 **Young Entrepreneur of the Year** (PR & Media) QLD.
- Professional Member of **Professional Speakers Australia**.
- **Tedx** Speaker Coach.
- Former National **TV Reporter**.
- Former **spokesperson** for one of Australia's largest water companies.



Global top 2%  
PODCAST



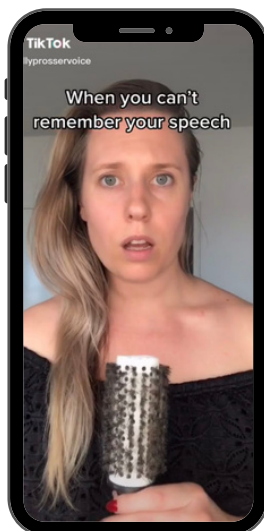
300k+ TikTok  
FOLLOWERS



80+ LinkedIn  
RECOMMENDATIONS

AUSTRALIAN  
**YOUNG**  
ENTREPRENEUR

*Awards*  
2020



# How It Works

- 01 CHOOSE A WORKSHOP TOPIC**  
Choose the workshop topic best suited for your team (outlined on pages 11-15) or [book a call](#) to get something bespoke.
- 02 FILL OUT THE BOOKING FORM**  
This is where you let me know the details - where it is, how many people, available dates, etc.
- 03 FINALISE DETAILS**  
Within 24 hours of submitting the booking form, I'll be in touch!
- 04 PAY INVOICE + BOOK BRIEFING**  
When your invoice is processed we'll confirm dates and schedule a briefing call.



## ESSENTIAL TERMS

A 50% deposit is required to secure your date, which will be held for 3 days • The balance is due within 7 days of the workshop delivery • Costs for venue, audio visual equipment and catering are not included • Travel costs are applicable for workshops outside Brisbane.

*Full Terms and Conditions [HERE](#)*

# What's Included -

1

## **Briefing Call**

Get excited! On this 30 min ZOOM call we confirm the outcomes for the session and finalise the logistics, including any value adds (see p16).

2

## **Welcome Video**

I'll create a personalised welcome video you can email around to participants a few days before the workshop. In this one minute video I'll introduce myself, share what to expect and prime people to be enthusiastic and engaged in the session.

3

## **All Workshop Materials**

I'll provide all relevant hand outs as well as pens, paper and anything else required for the session.





4

## Follow up Email to participants

I'll email participants following the session with links to the materials from the day, further resources and a feedback form.



5

## Debrief Call

In this 30 min debrief call, we'll share feedback from the session and explore if I can support you further.

# What's not included -

- The Venue
- Catering
- Audio Visual Equipment
- Travel and accomodation for sessions outside of Brisbane not included. Starts at \$1000+GST.





# Testimonials



## NQ Eye Specialists

"Sally provided an **engaging and informative** session to all staff. She was able to tailor her delivery to individual needs all whilst maintaining our group environment.

We would **highly recommend** any business looking to improve their communication skills to get in touch with Sally."

## QUT Carumba Institute

"We're so thankful to Sal for sharing her energy and enthusiasm for voice and presenting. Her **ability to read the room** and meet us where we were at made the day so enjoyable.

We all took away **interesting insights** and **real-world tips** we could immediately apply to our speaking."



## The Somewhere Co.

"Sally, just by being **unapologetically herself**, gives others the courage to let their voice be heard.

Her methodology of mixing theory with practical solutions is the **perfect concoction** to getting started on the voice confidence journey."

# Workshop Topics

## 01 SPEAK WITH CONFIDENCE

In my foundational skills workshop learn how to ditch the self doubt and speak with power and presence.

## 02 LEAD WITH YOUR VOICE

This session will equip your leaders with the tools, techniques and strategies needed to put their best voice forward.

## 03 STORYTELLING FOR INFLUENCE

Learn how to connect, captivate and influence through storytelling - even if the info is super technical!

## 04 SPEAK FROM YOUR SOUL

In this wellbeing focused session I facilitate healing through the powerful energetic channel that is our voice.

## 05 MEDIA TRAINING

With experience on both sides of the camera, I can prepare your media spokespeople so they feel confident, sound credible and can handle any tricky questions thrown their way.



### THE FORMAT

All workshops are available as a **half day** (up to 4 hours), a **full day** (up to 8 hours) or **two days** • The two days can be different topics • Each session can include **20 people** max.



# Speak with Confidence

In my foundational speaking skills workshop learn how to ditch the self doubt and speak with power and presence. **WARNING:** People may report loving public speaking after this session.

**This is for -**

**Everyone in the workplace** - whether they speak on the phone, in meetings, on webinars or on stage.

[\*\*GO TO BOOKING FORM\*\*](#)

## OUTCOMES -

- ✓ Steal my three step system to **overcome speaking nerves** and self doubt.
- ✓ Discover how to produce a **compelling voice**.
- ✓ **Body language** hacks to make an impression in any room.
- ✓ Learn the tricks to **warm-up your voice** so people hear and understand you.
- ✓ Feel a deep appreciation of your voice and discover a **joy for speaking**.

## YOUR INVESTMENT

1/2 day AUD\$6000+GST  
Full Day AUD\$10,000+GST  
Two Day AUD\$18,000+GST

# Lead with your voice



Your leaders literally set the tone of the organisation through the words they use and the way they speak.

This session will equip your leaders with the tools, techniques and strategies needed to put their best voice forward.

**This is for -**

**Leaders** who manage teams or people being prepared for leadership roles.

[\*\*GO TO BOOKING FORM\*\*](#)

## YOUR INVESTMENT

1/2 day AUD\$6000+GST  
Full Day AUD\$10,000+GST  
Two Day AUD\$18,000+GST

## OUTCOMES -

- ✓ Learn how to produce a voice that instills trust and enables influence.
- ✓ Understand how to craft clear messages for your team and stakeholders.
- ✓ Practice voice hacks to sound competent and confident.
- ✓ Find out the biggest mistakes leaders make with language and how to avoid them.
- ✓ Take home a formula for how to deal with tricky questions and difficult conversations.



# Storytelling for Influence

"Stories constitute the single most powerful weapon in a leader's arsenal" - Dr Gardner, *Harvard*.

In this session people will learn how to move away from detailed slides and instead connect, captivate and influence through the power of storytelling - even if the info is super technical!

**This is for -**

**Anyone** in the business who needs to communicate effectively to internal or external stakeholders.

## OUTCOMES -

- ✓ Understand why storytelling is such a powerful communication method.
- ✓ Take home a simple three step storytelling framework to apply in any scenario.
- ✓ Learn how to use a story to simplify complex information and data.
- ✓ Discover vocal techniques to tell a compelling story.
- ✓ Real time storytelling practice - with your organisation's subject matter.

[GO TO BOOKING FORM](#)

### YOUR INVESTMENT

1/2 day AUD\$6000+GST  
Full Day AUD\$10,000+GST  
Two Day AUD\$18,000+GST



# Speak from your Soul

One of the most effective ways to decrease stress and combat the symptoms of burnout, is to return to your voice - and speak from the organ of your soul.

In this session (my favourite to deliver) I facilitate healing through the powerful energetic channel that is our voice.

**This is for -**

Your company's **mental health and wellbeing** initiatives.

[GO TO BOOKING FORM](#)

## OUTCOMES -

- ✓ Feel the power of meditation and mindfulness to reduce anxiety and improve your speaking.
- ✓ Discover how to use your voice to decrease stress levels.
- ✓ Open your ears to your own voice and learn how to literally speak from the heart.
- ✓ Learn how to listen to your voice to monitor your mental and physical wellbeing.
- ✓ Take home simple, effective exercises to rejuvenate your mind, body and voice anytime.

## YOUR INVESTMENT

1/2 day AUD\$6000+GST  
Full Day AUD\$10,000+GST  
Two Day AUD\$18,000+GST

# MEDIA TRAINING

## How to be a great spokesperson

With rare experience on both sides of the camera, I understand what the media wants and how to get your message heard.

Let me help prepare your spokespeople so they feel confident, sound credible and enhance and protect your company reputation.



### This is for -

Your company **media spokespeople**

[GO TO BOOKING FORM](#)

### YOUR INVESTMENT

1/2 day AUD\$6000+GST  
Full Day AUD\$10,000+GST  
Two Day AUD\$18,000+GST

Professional Camera Operator Quoted on Request. *I have a basic camera to film interviews.*

### OUTCOMES -

- ✓ Understand how the media works, what journalists want and how to engage with them.
- ✓ Learn a framework for ensuring your key messages are conveyed.
- ✓ Memorise a formula for answering tricky or unexpected questions with confidence and clarity.
- ✓ Learn how to deal with pre-interview nerves and control voice shakes.
- ✓ Practice on camera with a mock scenario tailored specifically for your organisation.

# Bespoke Programs

Let me develop a program ideal for your organisation's needs.

Maybe you'd like to discuss -

- A longer term arrangement. Eg. A three, six or twelve month program.
- A mix of delivery options. Eg. Workshop + keynote speaking + private coaching for your executives.
- A different subject area or a blend of the topics offered.
- Multiple workshops across different parts of your business / teams in different locations.
- Invoicing in another currency.
- A hybrid event.

[CLICK HERE](#)  
**TO BOOK A CALL**

**Let's jump on a 30 min call  
to create your dream  
professional development  
experience.**

*Note, if we go ahead with a bespoke package the cost of the call will be deducted from your invoice.*

**YOUR INVESTMENT**  
**AUD\$500+GST**





# Value Adds



## Integration Call

A 60 min **online check in** within a month of the session is a great way to **integrate learnings** and answer any further questions.

AUD\$1200  
+GST

## Online Course Access - Fear to Fierce

**Fear to Fierce** is an online self-paced course to help clarify who you are, reclaim your powerful voice and breakthrough speaking fears. **Retails for USD\$333.** Course info [here](#).

USD\$99  
per  
person

## Private Coaching

Uplevel the speaking skills of your top people through **1:1 coaching**.

I have 90 min, three month and one day intensive packages. Rates range from USD\$1000 - \$25,000.

**Save when purchasing for 2 or more people. Ask me about a bespoke program.**

Private Coaching package info [here](#).

# FAQ's

## **Do you have a maximum number of people per session?**

Yes. 20 per session is the maximum. This will ensure people get the most value, opportunity to speak and we remain on time.

## **Are your workshops appropriate for beginners?**

Absolutely! All of my sessions cater for beginners right through to confident speakers. Just note the WHO it's for section in the descriptions to make sure it's a good fit.

## **Do people have to speak in front of the group?**

No. Nobody is forced to do anything. I create a safe environment where people feel supported to practice speaking. I understand it can be nervewracking - which is why I do what I do!

## **Can you do virtual or hybrid sessions?**

No. My workshop experiences are 100% in person only. If in-person is not viable, there is an option to book a 60-90 minute virtual session for AUD\$1500 + GST.

## **What if my question isn't here?**

No probs! If it's a quick question, reach out to me on social media or email [sally@sallyprosser.com.au](mailto:sally@sallyprosser.com.au). If you'd like to discuss a bespoke session book a clarity call [here](#).

# Testimonials



## Tony Schreiber, Chair Orrcon Steel

“Sally is an outstanding coach and a Liberator who **helps people find, and respect, their own voice.**”

The sincerity and **enthusiasm of the feedback** about Sally has been humbling, inspiring and motivating.”

## Sonia Andersen, Resource Industry Network

“Sally’s **opening keynote was dynamic and engaging** and certainly set the tone for the rest of the conference.

Sally is an **amazing speaker** and more than 80% of participants strongly agreed she met their expectations and delivered what was promised.”



## Anna O’Dea, Founder Iceberg Recruitment

“Sally was **highly engaging** and brought a positive energy to the room.

Sally suits an audience looking to **up-skill their confidence** not just publicly but in any workplace setting.”



# Let's Make it Happen!

*"If you can speak you can influence. if you can influence you can change lives."*

*Rob Brown*

[BOOK CALL \(\\$550\)](#)

[GO TO BOOKING FORM](#)

I wake up every day with a passion for helping people become more confident speakers and value the gift of their voice.

I've seen first-hand the impact great speaking skills have across all areas of life and business.

***Look forward to creating impact with you.***

*Sally*



Insta | TikTok | Facebook @sallyprosservice

