



How to Be a Confident Woman Speaker in Just 21 Days

Valentine Palmer

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When a confident woman walks into a room, everybody there is aware of it. The way she moves and speaks indicates to all those present that here is a woman who knows who she is and where she's going, a woman who is at ease in any situation, confident in herself and her role in life and business. This book is written by a leading international presentation and confidence coach with 40 years' experience in the media. Drawing on his work as a TV actor and singer he is able to provide women with the easily acquired physical skills and mental attitudes necessary for the development of true confidence in any situation. The reader is led on a 21-day journey from developing a bigger and more flexible voice to designing and delivering a dynamic presentation, pitch or speech. As well as the necessary skills of voice and body to build true confidence, the author also shares his tried and tested techniques for overcoming the inner fear that prevents so many women from the attainment of true fulfilment in their lives.

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Sonya Ewing:

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Pedro Murray:

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