



PRIVATE COACHING CASE STUDY

2022

Building public speaking skills and confidence.



Objectives

Tonya Sims was preparing to give a keynote presentation to medical professionals and sought aid in identifying powerful personal stories and developing her public speaking skills and confidence.

Custom Programming

Ex Fabula designed customized programming to meet Tonya's goals, including:

- An initial goal-setting meeting
- Matching her with a storytelling coach who has experience presenting at conferences
- Nine coaching sessions, which included story brainstorming, story selection and practice, feedback, and story refinement.

Outcomes

"Thank you so much for connecting me to Karen! She was absolutely amazing to work with! I'm not sure I would have made it through my presentation without her.

I received wonderful feedback from my keynote that I delivered today. I've attached a screenshot from Twitter. Also I've been asked to speak at another conference." – Tonya Sims



Eric Potter @pottereric · 1h

The [#ThatConference](#) keynote this morning is doing a job of using story telling to explain technical topics. Thanks [@TonyaSims](#)

