



My father believed that children "should be seen and not heard". This was not a good atmosphere to develop a future confident speaker! All too often my teachers told my parents "Theresa is too quiet for her own good". So how did I overcome this adverse start to my speaking career? This is what I hope to bring alive for other people who need to develop more confidence when speaking in public. It may be to advance your career or it may be to promote

your own business - the chances are you're reading this because you recognise a need to develop this skill in your repertoire.

Theresa Truscott is an award-winning speaking and presentation skills coach and trainer. She started her career as a teacher before moving into the IT industry. Theresa has run her own IT and training business for over 20 years and has been involved in many large projects involving organisational change. Her main focus has been in the water, rail and publishing industries. Over the past 5 years she has been involved in running Presentation Skills courses as well as NLP (Neuro-Linguistic Programming) certification programmes and is an NLP Master Practitioner, hypnotherapist and life-coach.

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