

Session 1:

Introduction to The Sandra Zimmer Method

Welcome. This online, self-study, public speaking program is designed to help you release the tension and fear of speaking in front of others. It will help you discover your own natural ability to speak in front of groups and express yourself with ease and confidence, just by being yourself. You will learn to develop an authentic style of speaking based on being who you are instead of who you think you should be.

After 30 years of hands-on research with business speakers and presenters, my method offers a life changing, holistic solution for the long-standing problem of fear of public speaking. I've taught my Method to hundreds of groups and thousands of individuals, including leaders at Hewlett Packard, Halliburton, Shell, Chevron, ConocoPhillips, Exxon Mobil, IBM, Coca Cola, Deloitte and many more. By making the decision to challenge yourself with this program, you have declared that you will not be held back by fear of public speaking and that you are willing to take the steps to achieve what you want to achieve in your life.

How to use the Program:

You will begin each session by watching the video for that particular session. Almost all of the sessions will conclude with homework. The homework will usually consist of several exercises. The instructions for the exercises will be in your Workbook. Whenever I send you to your Workbook you will follow the instructions for doing the exercises that await you there.

There is no set time frame for this program. There are a total of 21 sessions but many of the sessions will take you a number of days to complete. Go slowly, setting a pace you can handle. Watch the videos in the order I have provided. When I send you to the Workbook you should complete all the homework exercises before you move on to the next session.

By following the program in the given order, you will be taking on small challenges one step at a time in order to achieve your big goal of being able to speak authentically and freely to any group.

Make Your Commitment Now

Thousands of my clients have had amazing results using the concepts and steps in this program. You can too! I encourage you to make the commitment right now to complete the entire program. The amount of success you have with this program will be determined by you. I will show you what to do, but it will be up to you to do it. Just watching the videos will not create the transformation and results you seek. You must do the exercises in the Workbook as they are assigned. Some of the exercises will challenge your comfort level, but don't let that stop

you. If they were not challenging, they would not create transformation!

This concludes Session 1. Well done. Go on to the video for Session 2 when you are ready.