



## Become a Quietly Powerful Communicator

**You may not realise it right now, but you're taking the first step towards transforming how you communicate - in every conversation, meeting, and business situation.**

With these insights, you're on your way to leading with quiet confidence and ease, no matter the setting.

I grew up highly socially anxious, barely able to speak up, but I found a way to turn that around. Overtime, I became a top-performing management consultant and industry leader.

How did I do it?

I discovered the power of engaging with our whole selves - how we speak, show up, and carry ourselves with confidence and authenticity. These are learnable skills. And they changed everything for me.

They can for you too!

I created this workbook to help you take meaningful and practical steps to boost your communication skills, starting straight away.

Reflect on and answer the questions below - and then be bold and apply them!

You've got this!

Niamh



# QUIETLY POWERFUL COMMUNICATION FORMULA



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## 1. Know Yourself and Others

**COMMUNICATE BETTER BY  
UNDERSTANDING YOURSELF AND OTHERS**

If you paid more attention to how you speak, or how people you know who speak well - speak, what could change in your conversations? For example: people might listen more or you might understand each other better.

When do you feel most comfortable speaking? What helps you feel that way? Think about where you are, who you're talking to, how you're feeling in your body, or how much you have prepared.



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## 2. Conversational Mastery

### SPEAK CLEARLY AND CALMLY

Do you notice how your voice sounds when you speak? Is it fast or slow, loud or soft?

What happens to your voice when you feel nervous?

What helps you make your voice calmer, and you sounding more assured?

What's one or more additional small thing you could do to feel clearer or more confident when you speak? For example: pause before you answer, speak a little slower, use simple words, or think through what you will say first.



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## 3. Personal Presence

### **Activation** SHOW CONFIDENCE WITHOUT SPEAKING

What does your body language show before you start talking? Think about

how you sit or stand, if you make eye contact, and your facial expressions.  
Do you smile?

What 2–3 things do you want people to notice about you when they meet you? For example: confident, friendly, respectful.

How could you show these things more in how you hold yourself and look?



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## 4. Be Your Own Champion

### TAKE CHARGE OF YOUR COMMUNICATION GROWTH

When you feel nervous or under pressure, how do you usually speak or act? Do you talk faster, more quietly, forget what to say, or look down?

What's one thing could you adjust to feel and come across more confidently?

What's one small thing you could do before an important conversation to be more ready and relaxed? For example: take a deep breath, think of one question to ask, practise outloud what you want to say.





Do you want to speak, show up,

If you've ever felt like your expertise outshines your ability to communicate it effectively, or if you struggle to showcase your true value and

and behave with confidence and

authenticity

? Transform

your career trajectory now.

Your future self will thank you!

business situation.

Align your physical presence with your message, ensuring your words, actions, and presence work together for maximum effect.

impact, you're not alone. But imagine if you could transform those challenges into strengths, presenting yourself as the most confident and impactful version of yourself.

As someone who once battled social anxiety and introversion, I understand the journey of personal transformation intimately and I'm passionate about guiding you on your own path to success.

Participating in the **Quiet Power Pathway** program you'll spend 8 weeks building key skills to communicate and show up as your **most authentic and confident self at work**. This digital hybrid course includes 4 modules to complete at your own pace, with short engaging videos (3-15 minutes each) that break down key concepts into simple, practical takeaways that will make the the maximum impact for you. Allow around 30 minutes per week for self-paced digital learning and exercises, plus 75 mins every two weeks for a live coaching session with me, that's practical, energising and supportive, and where everything you're learning is re-enforced.

#### **Communication & Presence Mastery:**

Develop the skills to speak with

confidence, clarity and impact in any business situation. (Modules: Speak Well and Your Whole Self)

#### **Your Strength and Preferences**

**Discovery:** Discover your natural communication style and learn to connect effectively. By knowing your strengths and approach to conversations, you'll communicate and connect with others more assertively and with ease.

(Module: Your Strengths and Preferences)  
you can handle any situation with ease.

You'll gain practical techniques to rely on, whenever speaking up

#### **Learn To Be Your Own Champion:**

Build a toolkit for assertiveness

feels awkward or uncomfortable. (Module: Be Your Own Champion)

#### **Personalised Feedback & Live 1-2-1 Coaching and Training:**

As part of Speak Well, receive expert feedback from a professional actor on recordings you'll submit - helping you refine your vocal tone, delivery and clarity.

Plus, have 6 private coaching and training sessions with me. In a supportive, judgement free space, we'll deepen your learning, work through real-time challenges, and practise together - with highly personalised guidance and feedback throughout.

(6\*75 min one-to-one sessions)

CONTACT ME  
AND START TODAY. YOU'VE GOT  
THIS!



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# What clients say...

“Thank you for the concepts and skills nourishment. The support and positive encouragement truly make me feel like a superstar. I am now more self-aware and in mind when it comes to engaging and

“I can see how my son is changing how he communicates as I practice what I’m learning. It just goes to show how much I’ve picked up from your course!”

Angelie, Digital  
Technology Lead

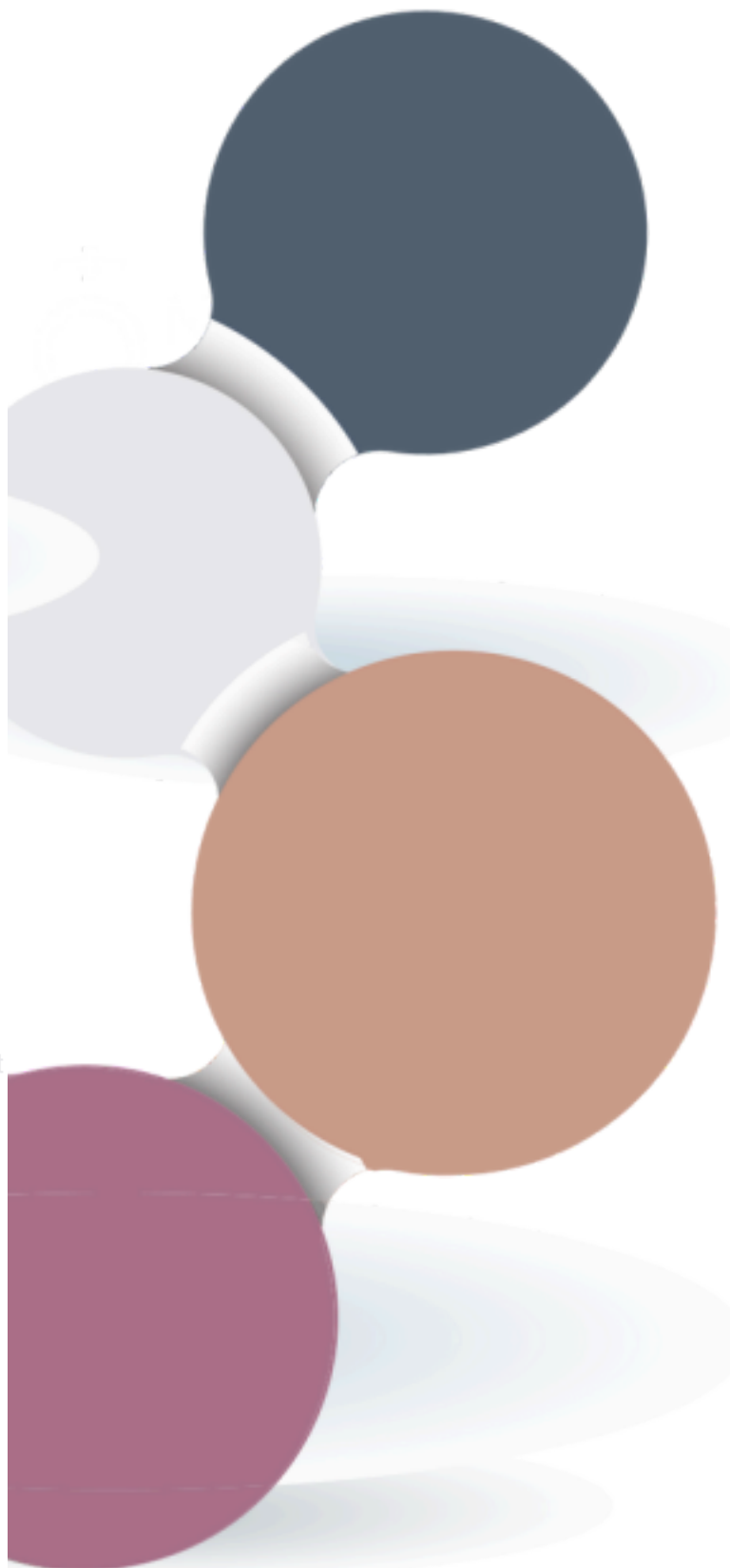
conversing in all ways.”

**Priscilla, Portfolio Test Lead,  
General Insurance  
company**

“I learned to communicate far more effectively, and with better body language. I now self- correct - my posture, my intonation, and my overall delivery to get my message across. People used to say they found it hard to understand me at times (I tended to mumble). They don’t say that anymore! “

Colm, Software Developer,  
Public Sector

“I feel more grounded  
and aware in the moment



now, and I've overcome  
the worry of being judged

when speaking up"

**Ben, Student Services Team**

**Leader, top Australian  
university**

"How much effort was dedicated  
to me was amazing. I really felt  
cared about. I now feel more  
relaxed in meetings and making  
presentations by applying the  
practical techniques I've learned"

**Will, Associate Partner, Global  
Management consulting company**

"I gained a lot of confidence  
communicating in different settings,  
and my delivery and listening skills  
improved a lot. Each element of the  
program helped me present myself  
more confidently - enabling me to  
increase my value to my team  
and my company"

**Sunish, Senior customer  
Engineer, Source-to-contract  
Software Provider**

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