

## Creating **Confident** Communicators

# Trish Springsteen

## Speaker profile

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With Trish Springsteen we guarantee that you will be

**...inspired, motivated, enlightened and entertained**

Trish Springsteen is a multi international award winning Speaker Trainer, Mentor, Coach and Author who is on a mission to create confident communicators and speakers to ensure they maximise their opportunities to shine in their business and personal life.

Having personally experienced the fear of public speaking and being lost for words when facing questions and missing opportunities; Trish is passionate about helping others conquer their fear of speaking and communication. Trish believes enhanced speaking skills allow you to be prepared to grab opportunities effectively, coherently and competently. Trish is a member of Women's Network of Australia, Business and Professional Women (BPW), Motivational Speakers Australia and Women Speakers Association. Trish has spoken on national and international stages and she has written and presented a variety of training packages for industry bodies and private companies.

Trish has been a Keynote speaker and MC for events, gala dinners and meetings. Her speaking events include Communication Training for IQ Business Group, speaker at Women's Network Australia, Australian Institute of Office Professionals, Women in Business Expo, Chambers of Commerce, Byron Bay International Women's Day 2014 and speaking at the 2013 International Medical Recruitment Conference and 2010 National Laundry Conference in Sydney.

In addition to being awarded Gold Winner 2016 Women World Awards Woman of the Year – Mentor or Coach and Bronze winner in the Female Entrepreneur of the year, Trish was awarded the National Edupreneur 2015 Award in the Professional Speaking Category. Trish was a Finalist in the 2016 Australian Small Business Champion Awards and in the ILAB Global Impact 2015 Awards, as well as being nominated in the Telstra Business Awards.

What can I say about Trish? She is one of the best trainers I have had the privilege to work with. Trish has been a main speaker at several of our events and I have also been trained in Public Speaking by her. What used to nearly kill me is now something I really love and enjoy and that is getting in front of a crowd to talk! If you had told me that a year or two ago I would have thought you crazy. Trish has a great and relaxed way of getting you to communicate your business to others. Something we all need. Make sure you give her a call today if you want to learn how to get up in front of a crowd and enjoy every minute of it.

Effective Communication is imperative in business today and it's no excuse to not be an effective communicator especially if you are in a position of leadership.

**Vicki Jesnoewski**  
Founder Director ConnectWorking

Trish is an expert in her field and an informative guest speaker. She connects well with an audience and is generous with sharing tips and techniques. She trains in many areas however it was on the subject of 'How to Become Proficient at Public Speaking' that we invited Trish to address our recent Networking Luncheon in Hobart. I would have no hesitation in recommending Trish to anyone seeking to train and develop the skills of their staff.

**Lynette Palmen**  
AM Founder and Managing Director  
Womens Network Australia

Trish is an expert in the field of public speaking. I have engaged her services on two separate occasions and highly recommend her professionalism, knowledge and Trischel's training and mentoring services.

**Juanita Anderson**  
Director Wasabi Marketing & Design

# Trish Springsteen

Australia's Leading International Award Winning Public Speaking/Communication Mentor

*Trish Springsteen is a professional speaker and author of many articles and books on the importance of effective communication for business, and is a recognised expert in the field of speaking and communication training.*

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## Topics

### 60 Seconds of Insane Bravery – Public Speaking Skills to Network Effectively

- Understanding the benefits and why we should network
- How to overcome performance anxiety
- Learn the value of adding storytelling to your networking
- How to organise a simple presentation to showcase your business
- Learn simple but effective techniques to add passion to your message and connect with your clients, and
- The difference between directive and connective communication

### 3 Simple Public Speaking Strategies – The Key To Success In Your Business

- Understand the nature of fear and how to overcome it
- Understand why public speaking is the secret ingredient to your success
- Learn the secret of video testimonials
- Transform your business with speaking
- Stepping out from behind the mask – the power of being genuine

### Step Up and Speak Out – Standing Out From The Crowd

- Knowing your microniche and connecting with the right words
- Realise the power of storytelling in connecting with your clients
- Public speaking skills to be an effective advocate for your message
- Determining how to overcome the negative voice
- Understand the power of the public speaking journey
- Getting to know 'The Formula' for arranging ideas
- See how to use it to grab attention and demonstrate your passion

I recommend this speaker highly; not only did she give me confidence in myself; but really convinced me I am capable of handling that impromptu question.

**Sarah Reith**  
The IQ Business Group

Excellent— with great drive and energy. The Content was Informative with immediate and obvious application.

**Sue Ryan**  
Business Analyst The IQ Business Group

#### Websites

Trischel Corporate  
[www.trischel.com.au](http://www.trischel.com.au)

Professional Speaker/MC  
[www.trishspringsteen.com](http://www.trishspringsteen.com)

#### Blogs

Trischel [www.trishspringsteen.com/blog/](http://www.trishspringsteen.com/blog/)

#### Facebook pages

[www.facebook.com/Trischel](http://www.facebook.com/Trischel)  
[www.facebook.com/trishspringsteenspeaking](http://www.facebook.com/trishspringsteenspeaking)  
[www.facebook.com/WorkShopsforWomen](http://www.facebook.com/WorkShopsforWomen)

#### Youtube Channel

<http://bit.ly/TrishTalks>

#### LinkedIn

Trish [au.linkedin.com/in/trishspringsteen/](http://au.linkedin.com/in/trishspringsteen/)  
Trischel <http://www.linkedin.com/company/trischel>

#### Pinterest

<http://pinterest.com/trishtrischel/>

#### Instagram

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