



# Depth Performance Coaching

Use your voice and body to communicate, *successfully*.

- *Speak and gesture with awareness.*
- *Learn vocal support and body language that guarantees powerful impact.*
- *Craft your content and delivery to take your audience on a journey.*
- *Project clarity and competence.*
- *Step into your role as an authentic leader, with straight-forward skills and the guidance of a Performance Coaching professional.*

## Why we're different

We start from wherever you are. Whether you have lots of experience speaking and want to fine tune your effectiveness or you're taking the first steps towards learning a new skill, our coaching is personalized to you and your needs.

We look at the whole package. Your voice, body and content, together, create the entire package of YOU.

We teach you *skills* that are yours for *life*. If we do our job well, you won't need us!

## Our philosophy

Everyone is creative. Everyone has a story to tell. Everyone has their own personal style and spark. We're not here to teach you to become someone else. We know that inspiration and leadership potential is already inside of you.

## What we offer

In our seminars, we teach you the powerful speaking skills of a master performer. Through real world examples and interactive exercises, we help professionals reach their performance potential. Through one-on-one guidance, we help you step into your role as an authentic leader.

We provide keynote talks, group seminars and one-on-one coaching.

## Our clients

We work with people across the board, from Coaches and Yogis to Spiritual Leaders, Lawyers and Engineers.

## Our team

Each coach brings a depth of expertise and is a leader in their field. Often, we work in teams as this guarantees more personal attention for you more opportunity for different learning styles.

Rebecca Martin, MFA AEA,  
Executive Director of Depth Performance  
Coaching and *Serious-Play.org*

Rebecca is a Professional Actress, Commercial and Voice-over Artist, Director, Educator, and a licensed WholeSpeak Somatic Performance Coach in San Francisco, CA. She received her M.F.A. from The National Theater Conservatory at the Denver Center and her B.A. from Middlebury College in VT. She is an avid student of Iyengar and the ocean.



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## Raise your game: Speak for Impact!

### *The opportunity*

Every time you speak, whether you are meeting a client one-on-one, or presenting to a large group, you have an opportunity –to get real, to connect, to make an impact.

### *The Obstacle*

Our communication skills often determine whether we win or lose a case, make the sale, or get the job. That means how our voice, body and content work together, really matters!

Because we speak all the time, it's a common misconception that public speaking should be easier:

*"I speak all the time, shouldn't I be good at it by now?"*

No! Speaking for *impact* is a specific skill, requiring a set of tools, guidance and practice.

Once you realize the power that lies in YOU for communication that is powerful, connected and real, you'll find that there's a whole new way to raise your game.

### *The Solution*

In this intimate coaching workshop you will receive group work and one-on-one instruction in:

- *Identifying your speaking style, and cultivating your personal charisma*
- *Releasing fear and "tells" of nervousness and intimidation*
- *Building an open yet authoritative presence through the intentional use of voice and body*
- *Clarifying your content and then getting out of your own way*

### *Seminar components*

This workshop is comprised of a seminar given by a Performance Coaching professional, time allotted for interactive group and partner work and one-on-one assessments with a performance coach.

To bring this seminar to your business, community or school, please see Booking Fees and Policies.

**Bio: Rebecca Martin, MFA AEA.** As the founder and executive director of Depth Performance Coaching and *Serious-Play.org*, Rebecca's passion is teaching the power of theatrical processes in the service of personal growth and group transformation. Rebecca is known for her innovative approach to acting, presence, and self-expression for seasoned thespians and the non-dramatically inclined. Rebecca is a professional Actress, Commercial and Voice-over Artist, Director, Educator, and a licensed WholeSpeak Somatic Performance Coach in San Francisco, CA. She received her M.F.A. from The National Theater Conservatory at the Denver Center and her B.A. from Middlebury College in VT. She is an avid student of Iyengar and the ocean.



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## Raise your game: Master the High Performance Interview!

### *The opportunity*

Every time you interview, you have an opportunity get real --with yourself, your goals, your content and to make an authentic connection with the interviewer.

What most people don't realize is that you also have an opportunity to define the rules and your status *before* you walk into the interview room.

### *The Obstacle*

You have the the resume, the background, the expertise. You've been on a number of job interviews. You just aren't landing the job you want.

### *Time to examine the language of your subtextual conversation.*

Have you ever found yourself making a snap judgment, based on the sound of someone's voice? the way they present themselves? The handshake or email you receive? or just a feeling you get when they walk in the room?

Now put yourself on the receiving end. You have the power to change their perception..

### *The Solution*

Through the intentional use of body language, vocal dynamics and carefully crafted content you have the power to raise your status in the people's perception.

Best of all, the techniques we teach to raise your status, will also positively effect your own state of mind. You will be *perceived* and *feel* more calm, confident and competent.

### *Seminar components*

In our one-on-one coaching session, we will:

- *Identify your speaking style, and cultivating your personal charisma*
- *Release fear and "tells" of nervousness and intimidation*
- *Build an open yet authoritative presence through the intentional use of voice and body*
- *Clarify your content and help you get out of your own way*

Giving you tools so that you can perform at your best, when the stakes are the highest.

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## Booking Fees and Policies

### Daylong Workshop

9:00-5:00 Unless otherwise requested  
Daylong fee includes 2 coaches  
Appropriate for a group of 5-15  
groups of 15 or more may require additional coaches

### Keynote/large group Seminar

Between 1-3 hours as per agreement  
groups of 200 or more may require additional trainers

Price (including 2 coaches): \$3000  
Price per additional coach: \$800

### Hourly

For on-on-one performance coaching,  
please schedule through our website:  
[www.RebeccaCmartin.com](http://www.RebeccaCmartin.com)

For rates of additional hours, extended consultation and additional small group work or for a specific workshop request, please talk to a performance coaching professional directly.

### Scheduling

Booking dates are held on a 48-hour first right of refusal basis until confirmed by a signed statement of work (SOW)

We request 21 days notice for cancellation or rescheduling. Client is responsible for nonrefundable expenses.

### Payment

We kindly request payment on the first day of training.  
For ongoing relationships, we are happy to extend net 30 terms.

Pricing guaranteed through 2016

### Contact us:

For more information, request a seminar, or to schedule a free consultation about a workshop or one-on-one coaching, please visit the CONTACT page on our website at:

[www.RebeccaCmartin.com](http://www.RebeccaCmartin.com)

or call 510-253-5637