



COMMON GROUND SOCIETY™ IN PARTNERSHIP WITH

MATRIX PARENT NETWORK

PROUDLY PRESENTS:



Common Ground Society™ "It Starts With Hello..."

Are you interested in learning more about public speaking or how to effectively communicate for a job interview? If so, this 6- month workshop is for YOU! Limited space available.

CARA WARDEN

PUBLIC SPEAKING COACH

It Starts With Hello...Workshop

How would you like to express yourself more creatively and humorously, while looking out at an audience who is fully engaged in what you have to say?

In a small and supportive group setting, we'll work together to help you share your voice. You will gain skills that will help you form better relationships, think more quickly on your feet, and feel more comfortable and confident on the stage.

In this workshop you will:

- Be mentored by a peer advisory board who has completed the workshop
- Develop a speech on a story you want to tell
- Receive help and coaching on speech development and writing
- Learn skills on memorization
- Have opportunities to deliver your speech in front of live audiences.

HELLO@COMMONGROUNDSOCIETY.ORG

REGISTER AT: COMMON GROUND SOCIETY

ABOUT CARA

Growing up with learning disabilities and a neurological disorder called Tourette Syndrome, Cara was not always the confident speaker and person she is today. In 2005, Cara joined Toastmasters, an international speaking and leadership organization, and the experience literally changed her life. Today she is a public speaking coach who loves to help others discover their strengths and see their confidence grow. Over the years Cara has:

- Won 27 speech competitions
- Been president of Petaluma's Toastmaster's Club
- Organized numerous successful public speaking events

[Coach Cara's Website](#)



JAN. 14TH, 2024 @ 1:00 PM

MEET & GREET TO ASK
QUESTIONS AND LEARN MORE
ABOUT THE PROGRAM

COMMON GROUND SOCIETY
85 BROOKWOOD #12
SANTA ROSA



PLEASE NOTE: BECUASE OF THE
SMALL GROUP SETTING, WE DO
ASK YOU TO BE ABLE TO
COMMIT TO COMING TO THE
MAJORITY OF THE WORKSHOPS