



Fear of public speaking is like being tied to a ball and chain. You have places to go and something to say, but...



Are you fed up being shackled? Are you ready to break away from the ball and chain that's preventing you from reaching your fullest potential and finding the courage and confidence to speak in public?

No drugs. No medicine. No hypnosis. No bandages or camouflage to temporarily hide your fear. No nothing - except a shift in your paradigm, a complete understanding of the fear and why we have it. Frank will guide you through a series of steps to be comfortable and confident when speaking in public. You may even learn to enjoy giving presentations.

Frank S. Adamo is a communications coach, certified career transition coach, inter-national trainer and instructor, and a published author of *31 Tips to Becoming an Effective Presenter* and a contributing author to the books *Discover your Inner Strength* with Brian Tracy, Ken Blanchard and Stephen Covey and *Yes You Can!* with Jim Rohn and Dr. Warren Bennis. Frank has also partnered with Brian Tracy in an online education series, iLearningGlobal.tv at cli.gs/iLG-Edu.



Testimonials

"Thank you so much for the wonderful presentation. Your help was extremely motivational for me, you gave me a great idea and made me want to strive to achieve similar results."

Natalia Pollard, Image Consultant

"You are an example of what is a truly trained and professional person. You are the guy who hit the winning homerun and shot the final basket in the last two seconds of the game and the cavalry coming to save the day."

Alfred. J. Nunez, U.S. Selective Service Board Member appointed by the President of the United States

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