



## The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best

By Christine K. Jahnke



### The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke

Sheryl Sandberg advises women to "lean in" to realize their full potential. To do so successfully, women need effective communication skills and a confident presentation style. In this must-have guide, one of the nation's premier speech coaches shares tested techniques from twenty years of coaching women on what works and what doesn't. The author details the practices and techniques of successful women to help all women improve their presentation and public speaking skills. With access to her expertise, you'll learn strategies that will help you present your best self in forums from PTA meetings to TV studios, conferences to classrooms, boardrooms to YouTube.

The author has advised First Lady Michelle Obama for her International Olympic Committee speech, provided speaker training to Hillary Clinton's presidential campaign, and coached corporate CEOs and more women elected officials than any other trainer. Every woman can benefit from studying the polished speaking skills of such powerful women.

Strategic advice on everything from messaging to hair and hemlines will allow you to come across as polished and prepared. The author includes easy-to-follow exercises so you can try out techniques immediately, from the use of sound bites and secrets to establishing eye contact to what not to do with your hands.

Filled with behind-the-scenes advice, this book is for every woman who wants to present herself well, express her ideas with confidence, and earn the respect of any audience.

*From the Trade Paperback edition.*

[Download The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best ...pdf](#)

[Read Online The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best ...pdf](#)



# The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best

By Christine K. Jahnke

## The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke

Sheryl Sandberg advises women to "lean in" to realize their full potential. To do so successfully, women need effective communication skills and a confident presentation style. In this must-have guide, one of the nation's premier speech coaches shares tested techniques from twenty years of coaching women on what works and what doesn't. The author details the practices and techniques of successful women to help all women improve their presentation and public speaking skills. With access to her expertise, you'll learn strategies that will help you present your best self in forums from PTA meetings to TV studios, conferences to classrooms, boardrooms to YouTube.

The author has advised First Lady Michelle Obama for her International Olympic Committee speech, provided speaker training to Hillary Clinton's presidential campaign, and coached corporate CEOs and more women elected officials than any other trainer. Every woman can benefit from studying the polished speaking skills of such powerful women.

Strategic advice on everything from messaging to hair and hemlines will allow you to come across as polished and prepared. The author includes easy-to-follow exercises so you can try out techniques immediately, from the use of sound bites and secrets to establishing eye contact to what not to do with your hands.

Filled with behind-the-scenes advice, this book is for every woman who wants to present herself well, express her ideas with confidence, and earn the respect of any audience.

*From the Trade Paperback edition.*

## The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke Bibliography

- Sales Rank: #43306 in eBooks
- Published on: 2011-09-27
- Released on: 2011-09-27
- Format: Kindle eBook

 [Download The Well-Spoken Woman: Your Guide to Looking and S ...pdf](#)

 [Read Online The Well-Spoken Woman: Your Guide to Looking and ...pdf](#)



## Download and Read Free Online The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke

---

### Editorial Review

#### Review

"This book is **filled with practical wisdom**, exercises, and exactly the right advice to help you overcome barriers to becoming a welcome, passionate, effective speaker." --**Gloria Steinem**

"I wish I had owned a copy of *The Well-Spoken Woman* before I first stepped up to a microphone. Decisions look different when there's a woman at the table, but we have to get there first—and Jahnke has a keen sense of **what it truly takes** for any woman to transform her ambitions into real-world success." --**Governor Bev Perdue**, North Carolina

"This book is a **great resource for every woman** who wants to make her voice heard: proven techniques, real life examples, and helpful tips on how to make the most of every presentation—from school seminars and business meetings to local political campaigns and nationally televised debates." --**Ann F. Lewis**, Former White House Director of Communications

"For years, women across the country have relied on Chris Jahnke. From Governors to Senators, she's helped women craft their own persuasive stories and remain confident no matter what comes their way. With this book, she adds insight from accomplished women—and brings her **powerful lessons for communicating** to everyone. This book is a tool to help women find their voices and make our country better." --**Stephanie Schriock**, President, EMILY's List

"This is a great 'how to do it well' manual. And I loved the illustrative, compelling stories that created a sense of intimacy with women I've admired from afar. **I want this book with me wherever I go**—a great resource, and how nice to be in the company of Maya Angelou, Ann Richards, Hillary Clinton and Barbara Jordan!" --**Donna Stark**, vice president, the Annie E. Casey Foundation

"Speech coach Chris Jahnke has written a book that **will motivate women** to believe in themselves and become great speakers. She believes women should be risk takers and cites numerous examples of how everyday women have exceeded audience expectations." --**Celinda Lake**, Pollster & Strategist, Lake Research Partners

"We may have 'come a long way, baby,' but when it comes to speaking publicly—whether in front of a TV camera or an audience—women still face a unique set of expectations and assumptions. And, no one understands that like Christine Jahnke. She's dedicated her career to helping women look and sound their best. **I've watched Jahnke work her magic** on women politicians. And, all these years later I still find myself turning instinctively to the advice she gave those women for myself." --**Amy Walter**, Political Analyst

"Jahnke is a brilliant communicator and teacher. Armed with this personal guide packed with her field tested strategies and practical tips, you will ace your media interviews, speeches, testimony and debates. This book is **an indispensable tool** for any woman who wants to get her message out." --**Debbie Walsh**, Director, Center for American Women and Politics, Rutgers University

#### About the Author

**Christine K. Jahnke** is a Washington, DC-based speech coach and media trainer and President of Positive Communications (poscom.com). What motivates Jahnke is working with passionate people who have a story

to tell. She has advised First Lady Michelle Obama, Hillary Clinton's presidential campaign, and women CEO's at companies as diverse as the National Geographic Channel and the International Speedway Corporation, parent of NASCAR. Jahnke provides strategic message training to leading nonprofits and has prepped more women candidates and elected officials than any other trainer. Like many speakers, Jahnke wasn't always comfortable on stage. What began as a desire to stop panicking when called upon in class has grown into a mission to encourage more women to find and use their voices. With Jahnke's guidance you can be well-spoken, too.

## **Users Review**

### **From reader reviews:**

#### **Jared Hoskins:**

This The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best are generally reliable for you who want to be considered a successful person, why. The reason why of this The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best can be among the great books you must have is giving you more than just simple reading food but feed you actually with information that might be will shock your previous knowledge. This book is handy, you can bring it all over the place and whenever your conditions throughout the e-book and printed versions. Beside that this The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best giving you an enormous of experience including rich vocabulary, giving you test of critical thinking that we understand it useful in your day activity. So , let's have it and enjoy reading.

#### **Patricia Lopez:**

Are you kind of hectic person, only have 10 as well as 15 minute in your day to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you have problem with the book in comparison with can satisfy your limited time to read it because all this time you only find guide that need more time to be go through. The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best can be your answer given it can be read by you actually who have those short free time problems.

#### **Miguel Sherman:**

This The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best is completely new way for you who has fascination to look for some information since it relief your hunger of information. Getting deeper you into it getting knowledge more you know or you who still having little bit of digest in reading this The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best can be the light food in your case because the information inside that book is easy to get by means of anyone. These books acquire itself in the form which can be reachable by anyone, sure I mean in the e-book form. People who think that in guide form make them feel sleepy even dizzy this reserve is the answer. So there is not any in reading a book especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss that! Just read this e-book type for your better life and knowledge.

**Robert Howard:**

Guide is one of source of expertise. We can add our knowledge from it. Not only for students but also native or citizen want book to know the update information of year in order to year. As we know those guides have many advantages. Beside we add our knowledge, also can bring us to around the world. By book The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best we can get more advantage. Don't one to be creative people? To become creative person must prefer to read a book. Simply choose the best book that suitable with your aim. Don't be doubt to change your life with this book The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best. You can more desirable than now.

**Download and Read Online The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke #SAKMT70B93L**

## **Read The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke for online ebook**

The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke books to read online.

### **Online The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke ebook PDF download**

**The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke Doc**

**The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke Mobipocket**

**The Well-Spoken Woman: Your Guide to Looking and Sounding Your Best By Christine K. Jahnke EPub**