

Presentations, Coaching & Consultation that Rekindle the Spirit, Raise the Bar and Create Excitement!















Business Presentations

Business communication skill-building tools, techniques and solutions for radiant results!

☆ 7 Secrets to Connect ... with Anyone!

Establish authentic rapport with others. Tailor this session for sales/marketing, service, meetings... Gain instant credibility with your listeners, bosses, clients, vendors, teams, prospects, shareholders...

☆ Creating a Positive Work Environment

Tap into intrinsic motivation that inspires problem-solving, decision making, and earned shared respect. Refresh effective interpersonal communication skills for increased teamwork, collaboration and results!

☆ Customer Service with Heart

Become more stress-resilient in a high-pressure customer/patient service environment!

Create a sincere connection with internal/exteral customers. Sprinkled with attitude booster and fun!

☆ How to Conduct Productive & Energizing Meetings

Set up yourself-and your teams-for success with these tips! Applies to virtual, hybrid and on-site meetings. Planning the agenda, core logistics, facilitating discussions, action lists, follow-up... gaining engagement!

☆ Market Like A Pro! In Print and On-Line

Proven time-tested simple techniques for boosting sales and promotion efforts... in print and online. Tailor this session to your organization's target audience, products, services or business...

☆ Sparkle-Tude!

Boost employee morale, engagement and productivity! Reduce stress, increase teamwork, beat burnout and energize staff!

☆ Speak Like A Pro! How to Design and Deliver Presentations!

Easy-to-use public speaking techniques and strategies... for every level of presenter!

Organize your thoughts, create structure and logical flow, design effective slides and handouts...





Tailor your sessions to address specific objectives and desired outcomes, including:

Improving customer service	Boosting sales and marketing efforts
Building trust and teamwork	Preparing and giving presentations
Interpersonal and networking skills	Interviewing, recruiting and retaining talent
Conducting productive meetings	Delivering train-the-trainer programs
Handling critical issues for results	Relaying updates to shareholders
Submitting proposals and ideas	Refreshing active listening skills

Expertise: Business Communications

Sheryl Roush is a subject matter expert, published author, consultant and presenter on business communication: in person; in public; in print; and online.

CEO of Sparkle Presentations, Inc., based in New York, she works with organizations to activate authentic connection which results in increased engagement, morale, service, trust, collaboration, innovation and business. Experienced, Sheryl has presented well over 3,500 on-site programs in 14 countries since 1987, and has conducted virtual presentations since 2010. She is a Certified Virtual Presenter, and a Zoom awardee. Active as a professional member and officer in the

National Speakers Association since 1990, both the Los Angeles and San Diego Chapters awarded her their "Member of the Year." The Hospitality Human Resources Association selected her their "Vendor of the Year." Toastmasters International honored her with the 2009 Presidential Citation for enhancing global communication and leadership, selecting her from 260,000 members that year. Sheryl was the youngest female to earn Toastmasters Accredited Speaker credential in 146 countries (1993). With her college degree in Commercial Art, Sheryl is an award-winning graphic designer and marketing consultant. She is the 2016 "Author of Influence" awardee from the State of California Legislature and Senate. A 17-time author her inspirational books include: Heart of a Military Woman (2009 Best Inspirational, San Diego Book Awards); Heart of a Toastmaster (2014 Best Anthology, Int'l Book Awards), Sparkle-Tudes!; and Heart of a Woman in Business. Her fifth business book, Solid Gold Newsletter Design became a marketing course book at the University of Ottawa.

Bring in Sheryl Roush!

Sheryl@SherylRoush.com SherylRoush.com



Is your organization dulled by negativity, stress overload, declining service, lack of teamwork or poor communication?

Provide relevant techniques, tools and tactics they will implement! Polish-up interpersonal communication skills for sparkling results!

7 Secrets to Connect

- ☆ Discover easy-to-use methods to establish rapport and instant connection with others.
- ☆ Gain instant credibility with any listener, boss, client, co-worker, prospect, vendor...
- \(\times\) Learn simple ways to reach the head and heart of others... using genuine communication!

Tailor your session to spotlight specific objectives and desired outcomes:

- improving customer service
- building trust and teamwork
- interpersonal and networking skills
- conducting productive meetings
- handling critical issues for results
- submitting proposals and ideas

- boosting sales and marketing efforts
- preparing and giving presentations
- interviewing, recruiting and retaining talent
- delivering train the trainer programs

relaying updates to shareholders

• refreshing active listening skills

* Sessions include valuable reference handouts.

Engaging, interactive, highly-tailored programs that rekindle the spirit, raise the bar and create excitement!

Available internationally as on-site and virtual:

- Conference Keynotes & Breakout Sessions60-120 minutes
- Seminars, Workshops & Training 45-90 minutes to 3 hours
- Retreats & Boot Camps 1-3 hours to Full-day (7-8 hours)
- Individual and small group coaching & consultation

Bring out more Brilliance in your organization!























Bring out more Brilliance in your organization!

"While at Starwood Hotels & Resorts I had the pleasure of working with Sheryl for four years, and over 150 of the managers were wowed by her training prowess, which had a major impact on the organization. We would recommend Sheryl to any other company, whether in the hospitality industry or not, as a trainer and public speaker." - Tim R. Mulligan, J.D., Area Director of Human Resources, Starwood Hotels & Resorts

"Her training has helped bring the management team of the Zoo to another level altogether, and we look forward to each new class she brings to our organization." - Tim R. Mulligan, CHRO, San Diego Zoo Global

"Sheryl's expertise is communication skills for the workplace and she re-energized us to get back to the workplace. Many of us in our industry have been either laid off or furloughed... Sheryl was a breath of fresh air... Although the conference was virtual, she was able to bring the session to life. Sheryl engaged in real time and in the chats. This was not like most other virtual sessions I have been part of. This is the second time we have had the opportunity to have Sheryl as part of our education and connecting opportunities."

- Shelley Albanese, Region 7, International Association of Venue Managers (IAVM)

Clients include: for larger list, click on "Partial Client List" at https://sherylroush.com/about

Banks, Financial & Legal

Ass'n of Legal Administrators (ALA) Bank of America, Union Bank Healthcare Finance Mgmt. Ass'n (HFMA) Société Générale Bank, NY UCLA Financial Division Verizon Wireless - Finance Division

Education

Alliant International University
Bucknell University - SBDC, PA
Calif. Ass'n of School Business Officials
Gemological Institute of America (GIA)
Los Angeles Unified Schools (120 programs)
University of California-Berkeley
University of Denver
University of Pittsburgh

Government

City of Revelstoke, BC, Canada
County of Los Angeles, CA
Management Council and 9 Agencies
County of San Diego, CA
Leadership Shelby, Shelbyville, KY
Morrison County Government, MN
National Rural Water Ass'n (NRWA)
U.S. Census Bureau, Economic Division

Healthcare

Abbott Laboratories, GlaxoSmithKline Am. Ass'n of Healthcare Mgmt. (AAHAM) Ass'n for Healthcare Admin. Professionals Baptist Memorial Health Care Corporation Gen-Probe Technologies, Inc. Kaiser Permanente - Physician Recruiters UCLA's Arthur Ashe Wellness Center

Hotels, Hospitality & Travel

California Department of Transportation Century Plaza Hotel, Beverly Hills, CA Loews Coronado Bay Resort, Coronado, CA Marriott, Sheraton, W and Westin Hotels San Diego Zoo & Safari Parks Southwest Airlines Themed Entertainment Ass'n (TEA)

IT & Communications

AT&T, Lucent Technologies, US West IBM's Women in Management Intuit Turbo Tax® executive sales team Intuit IT Department

Real Estate

Century 21, New Jersey corp offices Institute of Real Estate Management (IREM)

International

Athena Int'l Women, Doha, Qatar Deepak Chopra's lecture team Hong Kong Baptist University, Hong Kong Institute Teknologi Mara, Malaysia Int'l Ass'n of Administrative Professionals Int'l Ass'n of Venue Managers (IAVM) Int'l Society of Event Specialists (ISES) Jones Day international law firms Mattel, Inc. MENSA International Mitsubishi Motor Sports New Strait Times, Singapore Philip Morris of Asia, Hong Kong SDC Technologies, Inc. Singapore Press Southeast Asia Speakers & Trainers Bureau Stampin' Up! Symantec Software Int'l, Norton Utilities The Leader's Edge, Philippines Toastmasters International U.S. Olympic Training Center - as Director of the Speakers Bureau Women in Publishing Society, Hong Kong Women in Transportation, Int'l (WTS) Y Access, Manama, Bahrain

Sheryl Roush is a subject matter expert, published author, consultant and presenter on business communication: in person; in public; in print; and online. CEO of Sparkle Presentations, Inc., based in New York, she works with organizations to activate authentic connection which results in increased engagement, morale, service, trust, collaboration, innovation and business. Sheryl has presented well over 3,500 on-site programs in 14 countries since 1987, and has conducted virtual presentations since 2010. She is a Certified Virtual Presenter and Zoom awardee. Active in the National Speakers Ass'n since 1990, both the Los Angeles and San Diego Chapters awarded her their "Member of the Year." The Hospitality Human Resources Ass'n (HHRA) selected her their "Vendor of the Year." Toastmasters Int'l honored her with the 2009 "Presidential Citation" for enhancing global communication and leadership, selecting her from 260,000 members. Sheryl was the youngest female to earn Toastmasters Accredited Speaker credential in 146 countries (1993). With her degree in Commercial Art, Sheryl is an award-winning graphic designer and marketing



consultant. She is the 2016 "Author of Influence" awardee from the State of California Legislature and Senate. A 17-time author her inspirational books include: *Heart of a Military Woman* (2009 Best Inspirational, San Diego Book Awards); *Heart of a Toastmaster* (2014 Best Anthology, Int'l Book Awards), *Sparkle-Tudes!*; and *Heart of a Woman in Business*. Her fifth business book, *Solid Gold Newsletter Design* became a marketing course book at the University of Ottawa.

Sparkle Presentations

Partial Client List

ASSOCIATIONS

Alliance of the American Dental Association (AADA) Association of Family Medicine Administrators (AFMA)

American Ass'n of Healthcare Admin Management (AAHAM)

American Management Association (AMA)

American Mensa, Annual Gathering (National & Regional)

American Society of Association Executives (ASAE)

Arizona Health Care Association (AZHCA)

Association for Healthcare Admin Professionals (AHCAP)

Association of Legal Administrators (ALA)

Association of Records Management (ARMA)

Association for Women in Science (AWIS)

California Farm Bureau Association (FBA)
California Park & Recreation Society (CPRS)

Healthcare Financial Management Association (HFMA)

Hospitality Human Resources Association (HRRA)

International Association of Police Chiefs (IAAP)

International Association of Venue Managers (IAVM)

International Coach Federation

International Institute of Business Analysts (IIBA)

International Society of Event Specialists (ISES)

National Association of Professional Organizations (NAPO)

National Rural Water Association (NRWA)

National Speakers Association (NSA)

Meeting Professionals International (MPI)

Professional Coaches Alliance (PCA)

Professional Coaches Management Association (PCMA)

Project Management Institute (PMI)

San Diego Business Resources (SDBR)

Society for Marketing Professionals (SMPS)

Women in Publishing Society, Hong Kong (WIP)

Women in Transportation, International (WTS)

EDUCATION

Alliant International University

Bucknell University, SBDC

California Association of School Business Officials (CASBO)

California State University, Northridge

Gemological Institute of America (GIA)

Franklin Academy, Malone, NY

Hong Kong Baptist University, Hong Kong

Institute Teknologi Mara, Malaysia

Kings County Office of Education, Hanford, CA

Los Angeles Unified School District, 120 programs

Board of Education & Office of the Inspector General

Maricopa County Community College, AZ

National University

San Diego State University

St. Francis University, SBDC

Tustin Unified School District

Universiti Teknologi Mara, Malaysia

UC-Berkeley

UC-Irvine

UC-Los Angeles

UC-San Diego

University of Denver

University of Pittsburgh

FINANCE

Bank of America

CUSO Financial Services, LP

Ernst & Young

Kirtland Federal Credit Union, Albuquerque, NM

KPMC

Société Générale, New York City

Sorrento Pacific Financial Services, LP

Union Bank of California

US Census Bureau, Economic Division

Verizon Wireless, Finance Division

Western Claim Conference

GOVERNMENT

Amtrak/MetroLink

BoozAllenHamilton

California Housing Authorities HR Consortium

CalTrans, California Department of Transportation

Camp Pendleton Marines, CA

City of Lubbock - Water Utilities

City of Revelstoke, British Columbia, Canada

City of San Diego

County of Los Angeles (9 Agencies)

Management Council (2 keynotes)

Secretarial Council (5 keynotes)

County of Riverside, 911 Dispatchers

County of San Bernardino Housing Authority

County of San Diego

Fairchild Air Force Base Hospital, WA

Federally Employed Women (FEW)

Leadership Shelby, KY

Morrison County Government, MN

National Rural Water Association (NRWA)

South Coast Air Quality Management District, CA

State of California

Unified Port of San Diego

United States Navy

United Way

HEALTHCARE

Abbott Laboratories

Baptist Memorial Health Care Corporation

Blue Cross of California

County of San Diego, Dept. of Health & Human Services

Fallon-Medica Nurses

Gen-Probe Technologies, Inc.

GlaxoSmithKline

Kaiser Permanente, Physician Recruiters

Mercy Hospital Nurses

National Association of Professional Geriatric Care Managers

Oklahoma Dept. of Mental Health & Substance AbuseRed

Rock Behavioral Health Services

Residency Program Solutions

Scripps Rees-Stealy

Sharp Healthcare

The (Deepak) Chopra Center, La Costa, CA

UCLA's Arthur Ashe Wellness Center

UCSD Healthcare & Medical Center

Sparkle Presentations

Partial Client List

HOTELS, HOSPITALITY & TOURISM

Balboa Park Cultural Partnership, San Diego, CA
Hospitality Human Resources Association (HHRA)
International Association of Venue Managers (IAVM)
Loews Resorts, Coronado, CA
Pinnacle Hotels
San Diego County Fairgrounds
San Diego Museum of Art Docent Council
San Diego Zoo & Safari Park
St. Regis Hotel, Beverly Hills, CA
Sheraton Hotels • W Hotels • Westin Hotels
Starwood Hotels & Resorts
Southwest Airlines
Themed Entertainment Association (TEA)
Welk Resorts

INTERNATIONAL

Hong Kong Baptist University, Hong Kong New Strait Times, Singapore Philip Morris of Asia, Hong Kong Singapore Press Holdings Limited, Singapore South East Asia Speakers and Trainers Bureau, Inc. The Leader's Edge, Philippines Universiti Teknologi Mara, Shah Alam, Malaysia Women in Publishing Society, Hong Kong Y Access Training Solutions, Bahrain

LEGAL & LAW

Association of Legal Administrators (ALA), Boston Chapter Beverly Hills Bar Association County of Los Angeles Sheriff's Department International Association of Chiefs of Police Jones Day international law firm Latham & Watkins, LLP Las Vegas Metropolitan Police Fish & Richardson, P.C. Robins Kaplan, LLP San Diego County Bar Association

PRINTING & PUBLISHING

Epicomm (NAPL, NAQP)
National Association of Printing Leadership (NAPL)
National Association of Quick Printers (NAQP)
New Straits Times, Singapore
Publishers & Writers San Diego
Singapore Press Holdings, Singapore
Women in Publishing Society, Hong Kong

HUMAN RESOURCES

California Housing Authorities HR Consortium California Public Employers Labor Relations Ass'n Hospitality Human Resources Association Int'l Association of Administrative Professionals (IAAP) Professionals In Human Resources Association (PIHRA) Society of Human Resource Management (SHRM)

REAL ESTATE, MORTGAGE & TITLE

California Desert Association of Realtors, Palm Springs, CA California Escrow Association Century 21 Realty, corporate headquarters, NJ Coronado Shores Realty, Coronado, CA Institute of Real Estate Management (IREM) McMillin Realty, San Diego, CA Ticor Title, San Diego, CA Women's Council of Realtors (WCR

SALES, RETAIL & MANUFACTURING

7-Up
Bechtel Petroleum, Inc.
Brooks Brothers
Kohler Co.
Mattel, Inc.
Mitsubishi
Northwest Wall & Ceiling Bureau (NWCB)
SDC Technologies, Inc.
SONY
Steelcase Learning & Innovation Center
Stampin' Up!
Washington Inventory Service
Watkins Manufacturing / Caldera Spas

SOFTWARE & TELECOMMUNICATIONS

AT&T
California Computer Expos
CEBOS
Clear-Com
Epicor Software
HM Electronics, Inc.
IBM
Intuit, IT Department
Intuit, Turbo Tax® executive sales team
Lucent Technologies
Norton Utilities
Symantec Software International
US West
Verizon Wireless

WOMEN'S CONFERENCES

Academic & Professional Women's Society (A&PW)
American Business Women's Association (ABWA)
Association for Women in Science (AWIS)
Athena International Women, Doha, Qatar
Central California Women's Conference (CCWC)
Columbus Chamber of Commerce Professional Women's Day
County of Los Angeles Women's Leadership Conference
IBM's Women in Management
Indianapolis Women's Conference
Sharp Women's Health Symposium
Women in Business Symposiums
Women in Prison, Southern California

HOW TO COMMUNICATE WITH ANYONE

(ESPECIALLY THE DIFFICULT ONES)



By Sheryl Roush, Sparkle Presentations, Inc.

In my general session at the Educational Conference in San Diego entitled, "Authentic Connectivity: 7 Secrets to Communicate with Anyone," I shared my research on Howard Gardner's Multiple Intelligences, or channels of communicating with others, as it relates to gaining credibility and rapport, cooperation and teamwork, managing and leading others, and in both interpersonal and public speaking.

There are seven basic communication frequencies, or inherit modalities best used to enhance connection with others. When we speak "their" language (frequencies) we have great connection. If we're not paying attention, or not using active listening, there is disconnect. Errors are made; instructions not understood; listeners are irritated, or worse, agitated.

The more intelligences used in communication, the greater the connection, rapport and credibility with the listener. The main tactic is to match, or mirror, where they are, and speak to that individual using their preferred modality.

- Verbal/Linguistic: appreciates meaning and order of words; semantics; stories, discussions, brainstorming, metaphors, analogies, poetry, foreign languages and rhymes.
- Logical/Mathematical: thinks in numbers, logical systems; natural problem solver; scientific; needs presentations in sequential order, structured systems, facts, numbers, bottomline, statistics, and details.
- **Visual / Spatial:** needs to see the big picture first, then the details; appreciates demonstrations, graphs, charts, photographs, illustrations, color diagrams, videos, etc.
- Musical: appreciates rhythm and cadence; vocal variety; keeps pace with information, whether tapping a pen, or bouncing their foot while listening.
- **Sodily / Kinesthetic:** learns best by doing, hands-on and tactical experiences and movement; in touch with their senses.
- **Interpersonal:** a people person; naturally perceptive in understanding others their moods and motivations; loves to communicate, persuade, mediate and negotiate; genuinely cares about others; great leaders and followers.
- Intrapersonal: reflective; needs "thinking time" or "space" for making decisions and choices; appreciates self-paced information and projects.



WHAT CHANNELS ARE THEY ON?

How does this relate to YOU when communicating with all those different constituencies you deal with on a daily basis? Yes, including your boss, other executives, peers and teammates, subordinates, patients and other "external" people...?

When you are meeting with them, one-on-one, face-to-face, LISTEN! (Listen with your EYES and pay attention to their facial expressions and gestures). On the telephone, listen for subtle vocal inflections, volume, rate and pitch. These reveal emotion and intention.

They will present "clues" to which frequencies (one or more) they are communicating through. Then, tailor your conversation to THEIR modalities.



Scenario: Boss asks for last week's statistics, requests one-on-one meeting at 2:15 p.m.

Assumption: Mathematical; Interpersonal

Provide: Statistics, black-and-white documentation

Interaction: Boss says "I will review the numbers and ask if I have guestions."

Assumption: Introspective and Mathematical

Interaction: Boss asks for data color-coded or in graphs

Assumption: Mathematical, Visual, may also be Introspective

Provide: Statistics, in color

Scenario: Meeting update, project debrief, training **Assumption:** More than one person in attendance

Tactic: Use EACH of the frequencies to fully connect with each listener

Scenarios: Selling your boss on a new idea; asking for a raise; to attend AHCAP conference

Assumption: That you will GET what you ask for!

Tactics: Communicate in their preferred modalities; Sell the BENEFITS of the idea/raise/conference;

ASK confidently for what you want

SUMMARY:

Individuals may be MORE than one modality at a time. Balance your message to incorporate the "channels" to fully connect.

Sheryl Roush is available to speak at your associations, retreats, conferences and on-sites. Her 17 books include: *Heart of a Woman in Business*, and *Sparkle-Tudes!*™ Her general session at our Educational Conference was "Authentic Connectivity: 7 Secrets to Communicate with Anyone."

SherylRoush.com / Sheryl@SherylRoush.com

Public and Private Speaking Tips

By Sheryl Roush
President/CEO,
Sparkle Presentations, Inc.

Whether addressing your staff or Board of Directors, conferring with colleagues or vendors, advising a patient or their loved ones, how you communicate and convey that message makes all the difference in its effectiveness.

There are four types of "presentations" and depending on the objective and desired outcomes of your message, you may use one, or more of these: to inform, educate, persuade, and/or inspire. Regardless of which type you use, there are three main factors in the listener's ears and mind determining the success of the message:

- 1. Content (words, research, facts, statistics, case studies, stories, testimonials, documentation, quotations, references, etc.)
- 2. Delivery (style, tone, vocal variety, pace, pitch, volume, body language, facial expression, etc.)
- 3. Congruency (authenticity and genuineness). Do the content and delivery match the messenger? Although the first two factors are important, this third factor is vital! Your listener subconsciously observes and determines the real message (metamessage) of what is being communicated. Do the emotions, movements and overall tone appropriately align with the message? Is the speaker believable?

Practice your presentation in front of a mirror, ensuring that what you look like (facial expressions, eye movement, body language) is what you want to look like, sound like, be like. Would you believe you?

If you are not comfortable with public speaking, consider checking out the Toast-masters Club. They offer a safe place to practice with a supportive audience where you receive keen feedback. Practice impromptu and prepared presentations, listening, thinking and speaking skills to enhance your leadership and advocacy.

25 Public Speaking Tips for the Non-Professional Speaker

- 1. Believe the audience sincerely wants you to succeed and learn from you
- 2. Affirm you have a message they need to hear and offers value
- The more time you devote to advance preparation, the less anxious you will be
- 4. Mind map your concepts initially (not starting with a lined memo pad!)
- 5. Draft a simple outline indicating potential flow, content and transitions
- 6. Incorporate the multiple communication modalities of listeners
- 7. Sit quietly and see yourself presenting this program, hear your words
- 8. Write out your entire presentation word-for-word
- Craft a solid "grabber" opening statement and a purposeful closing
- 10. Read it out loud as if you were giving it live
- Edit it more, to be in your "voice."
 Speak it so it sounds like you,
- 12. Condense your major points as bullet point reminders on one index card
- 13. Practice using the handwritten index

- card to enhance visual memory
- 14. Rehearse your delivery, being as natural as possible, standing in front of a mirror
- Observe your timing, pacing and flow.
 Be genuine and confident.
- 16. If using slides, practice run-throughs several times, and have a back-up plan
- 17. Visualize yourself presenting this program successfully. See it, hear it, feel it.
- 18. Be congruent with your body language, movement, voice and facial expressions
- 19. Add audience interaction, activities and more conversation into your timing
- 20. Video record yourself, a head-to-toe view; watch it closely, with the sound off!
- 21. Visualize the improvements. Video record and watch it again.
- 22. Further prepare by rehearsing at the location
- 23. Create short, memorable, positive affirmations to say to yourself
- 24. Arrive early at the location, get equipment set-up and get settled-in
- 25. Meet people, ask them what they came to learn, and deliver it!

What to do before you speak:

- Plan your wardrobe and all pieces that go with it
- To combat stress, eat raw green vegetables
- For dry throat, eat Asian Pears and Watermelon
- Get a good night's sleep the night before
- For stress, use Bach Flower's Rescue Remedy
- Gargle with warm water

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- Drink plenty of water, lukewarm or hot
- Brush your teeth
- Apply light chapstick or Vaseline to lips/ teeth
- Get up, move around, and stretch
- Use the restroom. Wash with warm water.
- Be quiet for a minute before you're on
- Thump your chest like Tarzan for energy

What to avoid before speaking:

- · Apologizing
- Sitting still
- Ice and cold beverages
- Throat drops with menthol
- · Alcohol, diuretics and decongestants
- Eating anything with nuts, seeds or berries
- Cheeses, creamy sauces, sour cream,

cream cheese

- Negative people and depressing conversations
- Caring what people think about you...
- People asking if you are nervous?

Hear Sheryl Roush at the Thursday keynote session at the ANI. For more information, visit www.SherylRoush.com

Looking for a high-caliber presenter for your District event?

Want a seasoned speaker and long-time member who brings valuable content, inspires your Members AND adds SPARKLE to your agenda?

Sheryl Roush

Highly-interactive, lively and engaging messages, making your event memorable for years to come!

All programs are tailored to your event, theme, on-site location and District needs!

District Conference & Training Session Topics:



Do you have members that are professional presenters... eligible to pursue the elite AS designation? This insightful session provides tips, ideas and strategies to apply and pass the 2-Level judging on the first time! Tl's "AS" credential is for those who are already professional presenters; having a DTM is not required. Educational session or workshop: 45-75 minutes



A heart-centered inspirational message ...

Showcases your members in a conversational and engaging program! Ideal for an infusion of pride, recognition and membership commitment! TI sanctioned book on this title. Keynote address: 20-30-45 minutes



Are your promotional efforts producing the best results?

Tailored for club-area-division-district fliers, newsletters, email campaigns, social media, websites... using your own samples - before & after design and copy-writing make-overs!
Educational session: 45-60-75 minutes



Want to authentically connect with ALL your listeners?

Discover skills to enhance your communication, contest speech, speaking, teambuilding and leadership! Includes worksheet. Educational session: 45-60-75-90 minutes
On-site workshop with live coaching: up to 3-hours



How to Transition from Free... to Fee ... with Paid Speaking!

Discover the 10 must-have's; how to get started; where to get speaking engagements; creating your marketing and more! Session and handout include tips and templates for designing speaker marketing. Workshop (up to 3 hours) may be offered as a bonus session after an on-site conference. Available in 60-90 minute sessions.



How to Promote Your Club Speechcraft Program

Attract-Recruit-Retain Members! This "how-to" session includes handout templates and tips to plan a 4-6-8 week series to recruit new members. Use Speechcraft to launch corporate programs as well as boost community clubs! Educational session: 45-60-90 minutes ... add a Panel!



Sheryl Roush

CEO, Sparkle Presentations, Inc.

Distinguished Toastmaster
District 5 Governor, 1993-94
Accredited Speaker, since 1993
Presidential Citation Awardee, 2009
Certified Virtual Presenter
Toastmaster since 1987

Int'l Book Awards - Winning Author *Heart of a Toastmaster*

National Speakers Association "Member of the Year" Los Angeles & San Diego Chapters

> Golden Microphone Award NSA/Los Angeles Chapter

On-site & Virtual Presentations





Sheryl Roush, DTM, PDG, Accredited Speaker

Sheryl Roush is the CEO of Sparkle Presentations, Inc., based in New York. She is an international presenter and top-rated trainer, a multi-published author, and a speaking and marketing coach.

As a sought-after speaker, she has presented well over 3,500 programs in 13 countries, to groups as large as 5,000 (receiving standing ovations) in sports arenas. She has opened on conference stages for *Dancing with the Star's* Marie Osmond and keynote closed for Geena Davis. Sheryl has spoken on programs alongside celebrities including Olivia Newton-John, Jane Seymour, Suze Orman, Marcus Buckingham and John Maxwell. In 2007, she presented the closing address to seven nations in the Arabian Gulf District and was the only woman on the 3-day program. Known for her sparkling delivery style and relevant content, she often speaks on agendas with Tl's World Champions and International Officers. Sheryl has presented on-site programs for Districts in Australia, Baja California, Bahrain, the Bahamas, Canada, Mexico City, Qatar, and across the US.

In 1993 Sheryl was the 6th woman globally, and 28th overall, to be honored by Toastmasters with the elite Accredited Speaker designation for "outstanding platform professional speaking." As of August 2022, only 90 have earned the credential in 146 countries since 1981.

As a leader, and Past District 5 Governor (Southern California and Arizona), for enhancing global communication and leadership, Toastmasters honored Sheryl with the 2009 "Presidential Citation," selecting her from over 260,000 members worldwide that year.

Active in the National Speakers Association (NSA) since 1990, she earned the "Golden Microphone" award from the Los Angeles Chapter, and "Member of the Year" award from both the Los Angeles and San Diego Chapters. She is a frequent speaker at Chapter Speaker Academy sessions.

A Certified Virtual Presenter (CVP), Sheryl has been presenting globally virtually on several platforms since 2010, and is a Zoom awardee. Her sessions workshops are known to be interactive and lively.

As a speaking coach, Sheryl served as the Director for the U.S. Olympic Training Center in San Diego, training Olympians in public speaking skills. She trained the NFL's Charger Girl pro cheerleaders in public speaking and TV/Radio media interviewing skills from 2000-2020. She is also a 3-time past president of the San Diego Professional Coaches Alliance/Professional Coaches Alliance.

As a 45-year veteran in marketing design and printing, Sheryl has owned five award-winning graphic design studios, and has written five books on graphic arts, including *Solid Gold Newsletter Design* for Toastmasters. She received four international Top Ten Bulletin awards from Toastmasters.

As a 17-time published author, she is most proud the *Heart of a Toastmaster* received the honor of 2014 "Best Anthology" from the International Book Awards. It published stories from 135 members!

Her other inspirational books include: *Sparkle-Tudes!*®, *Heart of a Woman in Business*, *Heart of a Woman, Corazón de Mujer* (Spanish), *Heart of a Mother*, and *Heart of the Holidays*. The San Diego Book Awards awarded the *Heart of a Military Woman*, 2009 Best Inspirational Book.

View video clips and topics at SherylRoush.com For coaching, visit SpeakAndMarketLikeAPro.com

Schedule Sheryl Roush speak at your District event!

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Districts cover all travel, hotel accommodations and event registration costs.

Request permission in advance to record her sessions.

Sheryl@SherylRoush.com

Please use this email subject line: District Event







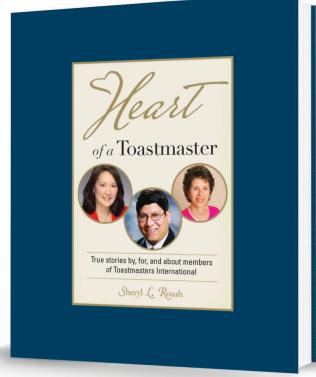


Stories and Ideas to Inspire Toastmasters Everywhere

INTERNATIONAL BOOK AWARDS WINNER IntiBookAwards.com

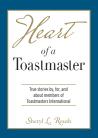
Heart of a Toastmaster is an inspirational collection of stories written by and for Toastmasters International members.





heryl Roush is an international speaker and author, who offers humor, heart and hope to rekindle the spirit and boost morale. Her other books include *Heart of a Mother*, *Heart of a Woman* and *Heart of the Holidays*.

TOASTMASTER Magazine, Back Cover



Print on demand amzn.to/2pYxhB5

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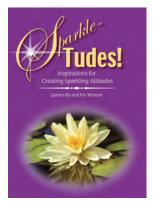
Toastmaster

Toustmaster

True stories by, for, and about members of bastmasters international

Sheryl & Roush

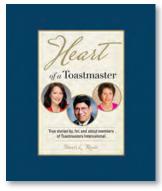
Inspirational Books by Sheryl Roush



Sparkle-Tudes! TM

Inspirations for Creating Sparkling Attitudes.... Chapters are A-Z

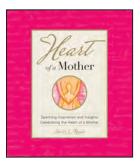
Achievement, Attitude, Careers, Cats, Character, Communication, Creativity, Family, Focus, Health, Leadership, Money, Music, Nature, Passion, Purpose, Success, Values...



Heart of a Toastmaster

True stories by, for and about members of Toastmasters Int'l over 135 from around the globe

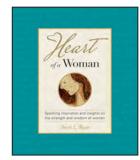
"Best Anthology" from the Int'l Book Awards



Heart of a Mother

Also ideal for Moms, Aunts, Daughters, Sisters, Mothers-in-Law, New Moms...

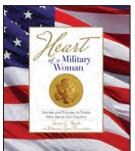
Stories, tributes, poems, quotations.... Babies, Dinner Time, Family, Grandmothers, Kids, Lessons Learned, Life, Love, Parenting, Pregnancy, Single Parents, Stay at Home Moms



Heart of a Woman

Stories, quotations, poems

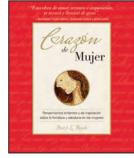
The wisdom, humor, intuition and fortitude of women...Authenticity, Chocolate, Communication, Courage, Grieving, Estrogen, Faith, Family, Joy, Making a Difference, Mid-Life for Women, Prosperity, Romance, Trust...



Heart of a Military Woman

Short stories, poems, tributes and quotations... from active and retired, veterans, spouses, their families and cherished friends.

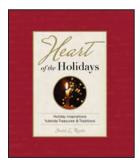
"Best Inspirational" from the San Diego Book Awards



Corazón de Mujer

Heart of a Woman in Spanish

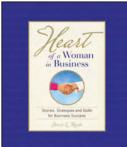
Eloquent reading in a conversational tone. Original Latino stories, poems with cultural proverbs from North and South America.



Heart of the Holidays

Original stories and poems

Yuletide treasures and traditions from around the globe. From Thanksgiving, to Winter Solstice, Hanukkah, and Christmas, through New Years, and Epiphany.



Heart of a Woman in Business

Stories, Strategies and Skills
Inspirational and "how-to's!"
Celebrating women in today's
businesses. Insights and tips for
success in the workplace, in your
own business, and in life.

Order printed books at Sheryl Roush.com in the "Sparkle Store"

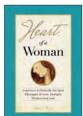
Indicate any personalized inscriptions for autographs!

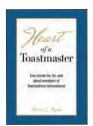


Sheryl Roush

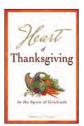














Expressing Your Uniqueness In Print

SHERYL ROUSH San Diego, Calif.

here is a maxim in the speaking industry that your materials should always look at least as good as you are. Ron Kaufman adds to this, "Take that one step further. Your materials should always look as good as you are aspiring to be, and should be given out in a volume that reflects the abundant professional style (in which) you intend to live."

Evolution of One-Sheets

As we reinvent ourselves and our industry, clearly showing that we are experts who speak professionally, we need to reinvent our marketing materials as well. Just 20 years ago, speakers used elaborate glossy brochures, and meeting professionals took the time to read them. Today, those multi-page booklets have been condensed, with carefully selected information placed on one page of paper, front and back, thus the name "one-sheets." Today, those brochures have a shorter shelf-life, topics change frequently, and require less reading time by our meeting professionals. Decisions are made quickly, matching the speaker to the audience, topic and fee structure. As the industry changes due to market demand, our materials and how we provide this information needs to change with it.

One of the first advocates of onesheets, NSA Past President Jim Cathcart, CSP, CPAE and Cavett Award recipient, explains, "The meetings industry today expects to be able to understand a speaker's value quickly and efficiently. To accomplish this, it has become customary for speakers to summarize their expertise and their topics on one sheet of paper (two sides), hence the name 'one sheet'."

How Americans Read

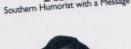
The American Library Association suggests that today, 10 to 15 percent of Americans are non-readers or functionally illiterate. Another 10 to 15 percent are avid-readers who read everything. The remaining 70 to 80 percent are skimmers who browse and scan. This means that our messages need to be delivered in bite-sized chunks, bulleted and concise, balanced with colorful graphics. Readers give our printed materials much less than two minutes.

Karl Fritz, veteran Web developer for the entertainment industry, indicates that the average Web viewer scans for only 2.5 seconds. Your information also needs to be only three clicks away from where they enter. Dan Kennedy indicates that from the flap-to-the-trap of an envelope and sales letter, you have only 2.5 seconds. That's fast!

Readers also read in three stages, according to David Ogilvie, in his book Confessions of An Advertising Man. Stage One is Relevance: the reader is looking for the benefits or asking "What's-in-it-for me?" This question needs to be answered within seven seconds or the reader easily tosses the piece, clicks or moves on to other things. Stage Two is Confirmation: here the reader is looking to confirm that it's a good thing they kept reading. Credibility and testimonials are important. Stage Three: this is the Call to Action. Tell the reader what you would like them to do as a result of reading your material.



Grady Jim





Slap Me Naked and Hide My Clothes

KENNOTE - INSPERATION WITH LOTS OF HUMOR The title of Grady Jim's most popular program is taken from his 100-year-old Grandma's saying!

- Audiences lough until their lows ache at his growing up
- Listeners are challenged to stop whining, make some personal changes, and be happy-

Women Are from Venus, Men Are Lost in Space

KEYNOTE

- Rollicking good fun with surprisingly serious insights into different gender-personality styles
- Humorous revelations about the delicate balance between masculine coercion and feminine correction. Perfect for leaders, parents, teachers and managers.

Did I Ever Tell You About the Time ...?

HALF-DAY COMMUNICATION THROUGH STORY WORKSHOP A valuable workshop for teachers, salespeople, ministers,

- Secrets of how to mesmerize and "trance-form" an and speakers. audience with personal stories.
- Attendess discover, develop and deliver their own stories.

People are talkin'... "... among the best person staries we have published."

"Goody Jim's hurson reaches one touches the boart of the Season Lucropi Readers Digest



re Billings-Harris, CSF The Marble Lady

Whether through keynotes, bull-day servicehops, or maki-day senirurs, Lenora Billings-Ederial thought providing presentations are lively, positive, and non-padgmental. Using markles and other has inchesquen as materious, she will kelp your group classors how in:

- Creare a respectful workplace that values
- STOP, inappropriate behavior and presente the relationship
- Consumer surroutypical information affecting productivity
- Measure diversity success against

Lemons is an international speaker, consultant and the author of The Discernity Arthumager. A Goode to Making Discrete Wisel, Since 1988, she has helped people solve diversity differences, and organizations ove diversity chlemmas, and organic in prove productivity in noday's male shaud sevimentors. Her chemis inch ortune 500 companies as well as ofensional assertations. professional associations and educational retinutions. She currently serves on the adjunct faculty of the Beyarn School of Business and Economics, University of North Carolina Greenshors.

e accomplishments have named her lentified Speaking Professional (CSI⁰) nation from the National Speaken intion. Additionally, Lengton in as con the board of this 4000 esember



Lenora's Most Requested Topics Include: Unity within Diversity: The Ox Perspective

Ourly awards Discretify: 2 for De Perspanitive. This unique haynone uses the Winsed of Ox characters as a metaphor to help you may you brain, heart of oursign to make a real difference in today's availabilities would. This thoughts providing message impress anderesce to increase their options for success, by seducing their refutures on necessaryon, while embracing the arrespits skey each possess.

The Diversity Advantage: Turning Barriers into Beidges I doe will learn how, when and why people ruly on sorroutypes to make day to day decision about others. This proppart is designed to propel you to a town level of awareness and positive action when internating with others.

Empowering Teams by Valuing Differences

Learn the four critical elements mechany for some effectiveness while you at lock your percentive motion about others. This lightly interactive sention will equip you with tools and techniques for interactive and the contractive sention will equip you with tools and techniques for interactive

From Adversaries to Allieu:
Gender Communication in the Workplace
This fan presention helps both sen and women learn how to improve
their communication with the opposite grader. Say what you mean and gen
what you want with encognising differences.

Call Now to Schedule Lenora Today!



Continuity is Key

The true value of any marketing piece is that it supplements the rest of the targeted efforts, offers value and retainable information, from a Web site. demo video, streaming video and direct mail campaigns, etc. The professionalism of these is in the continuity of the design. They need to have a consistent look from piece to piece, and from print to Web, to establish credibility in the eyes of the market. Several elements contribute to this overall image.

Susan Clarke shares, "Your uniqueness is a blend of who you are and who your market is." As speakers, trainers, consultants and authors in today's marketplace, we need to demonstrate our value, offer a depth of information. credibility and uniqueness. Mark LeBlanc, Small Business Success. offers this advice: "Position vourself by concept, instead of by your titles."

Essentials to Include

"A well prepared one-sheet, like a 30second commercial, tells a complete story, including a value proposition (WIIFM factor), a call to action and your vital stats-all in one. The onesheet is the surrogate that represents our promise to the meeting planner, bureau or contracting executive," states John Reddish, MS, CMC.

Get the most out of your piece, Dottie Walters, CSP advocates. "Anything other than printed full-color on both. sides is a waste of time." To involve your reader, use less copy text in paragraphs and more short lists, cleverly woven together using a theme throughout the piece, creating continuity from the front to the back, from the opening statements, to the subheads, to the call to action.

After your print design is ready, post it as a PDF file on your Web site, making it easy for quick download by meeting professionals who need to make that decision right now! This also enables you to make instant changes, and bureau-friendly (without your contact information) versions. I post my general one-sheets (keynotes and workshops) and the topic-specific sheets on my homepage for immediate access and download.

A well-designed, general one-sheet, professional profile includes:

- ·Banner benefit statement at the top of layout
- ·Speaker's name (in a stylized type-
- •Full-body or 2/3 view action photo on one side
- ·Portrait photo on the other side (without a microphone)
- . Defining statement of your unique or valuable expertise
- Program descriptions, titles (one paragraph, plus three to five bulletpointed benefits)
- ·Results to be generated, bullet pointed under title
- · Biography, credentials, publications and experiences
- · Testimonials-rave reviews-with their names and organizations

- · Signature look and feel, demonstrating your personality (perhaps a moniker)
- Logos for full NSA members (NSA, CAPS, ICF MPI, ASTD, etc.)
- Contact information (toll-free phone number, Web site, e-mail)
- · And, if you're going to quote someone famous, quote yourself
- Optional: Your organization's logo placed at the bottom of layout

What's Your Style?

The "Southern Humorist with a Message," Grady Jim Robinson, CSP, uses photos that reflect his "Slap Me Naked and Hide My Clothes" outlook learned from his 100-year-old Grandma. Lenora Billings-Harris, CSP, "The Marble Lady," shows her expertise in multicultural diversity by using marbles in order to teach the value of respect and uniqueness.

Offer Value-Rich Content

Speaker marketing expert Ed Peters uses a rule of thumb for marketing materials, "No matter what your marketing materials look like, would your prospect keep them, even if they never hired you? Do they have value of their own, or do they just promote you?" He recommends, "include something in your marketing materials that your prospect can use for their benefit whether they hire you or not."

Invest in your image, express your uniqueness, and ensure that your materials always look as good as you aspire to be!

Sheryl Roush is a speaker with 25 years of experience in graphic design, specializing in speaker marketing materials. Sheryl is the author of Solid Gold Speaker One-Sheets, a how-to CD-ROM set for speakers, authors and trainers. She can be reached at Shervl@SparklePresentations.com, (858) 569-6555 or www.Sparkle

Presentations.com.



"Stop the Press!"

Until You Consider these Precious Gems

Gloria Boileau

San Diego, Calif.

1. The Pearl-First and foremost, be completely certain that the topic you have chosen to speak on is one that really excites you, that makes you come alive and comes from your heart! If you let others decide your area of expertise, or you choose your topic because it's "the one" that will make you the big bucks, good luck. I guarantee it will not withstand the test of time.

For example, a speaking coach might encourage a person to speak on a particular subject, say finance, due to the person's background or the economy. But even if you have the expertise, if it's not a subject you love, you won't be successful! You must be willing to take the time to explore within yourself to find the personal gift you have to offer, and then bring it to the world. Only you will fully know what that is.

- 2. The Ruby-Selecting the colors for your piece is a critical decision, as the first item that the brain perceives when viewing anything is color. Take your time deciding which colors express who you are and what you do. Then be certain that the colors compliment one another. As an example, if you speak on sales, incorporating the color red will work to your advantage, as it encourages people to move to action.
- 3. The Diamond-The final gem of wisdom I want to offer is to identify a signature that expresses your uniqueness in who you are and the topic that you address. Be consistent in using this signature in all of your literature, and you will be remembered across the globe! For example, Sheryl Roush speaks on creating dynamic presentations and one-sheets, so she has created a signature of "Sparkle." The title of her programs, the clothes she wears, her products and press kit all sparkle just like her delightful personality. Creating a signature not only helps others to remember you, it also adds a lot of fun to your program. Be certain that your signature is very clear in your one-sheet and all marketing materials and watch your notoriety soar!

Embrace these valuable gems, wear them proudly and be remembered as the unique and memorable jewel that everyone will remember. Applying these gems will result in delighted audiences, abundant bookings, a joyful life and greater success than you could have ever imagined.

Ta. ta! The Queen of Total Image AKA: Gloria Boileau

It's a Business



PIP: Program-Inspired Products

How to generate program-related products as a way of building passive income

ave you ever considered creating a product for an event that has back-of-the-room sales potential? There's nothing like an upcoming speaking engagement to inspire product creation for new items to sell at that program!

We hear it so often said in the NSA family that we should use the skills we have, utilize our expertise. Some of the best advice I've heard in our industry: Have products that support your topic; speak only on topics for which you have product; and leverage presentations. How do we put these sage tips into practice?

Jim Cathcart, CSP, CPAE and Cavett Award recipient, coined a phrase, "MLOT"—Money Left On Table. It suggests that we maximize every presentation, whether with follow-up coaching, products or subscriptions. His advice is well founded, in that each of us can add more value to "the talk"—whether we're coaches, trainers or keynoters. After all, this is a business! Dottie Walters, CSP, refers to add-ons as "accessorizing."

What if your "accessories" became customized to that audience? When I think about my upcoming presentations, I look at the event not through my eyes as the speaker, but through the eyes of the attendee. What are their needs? Their challenges? Their issues? How can who I am and what I bring truly serve them? This comes through in the message and establishes the potential for support after the program. Ask yourself these questions:

- What items or resources will best serve the attendee during, immediately after and well after the program?
- · What do they really need?

Address the challenge/issue:

- · How do they need to receive it?
- What form of media (visual/auditory, kinesthetic) is best?

- What will it require of me to create it for them?
- How can I add value and takeaway benefit?

On New Year's Eve 2004, I started working on my next book in the Sparkle-Tudes™ Series (Creating Sparkling Attitudes), researching quotations about love. One of my bureaus booked me to keynote close an upcoming women's health symposium for 2,500 attendees. Yes, the audience was specifically women, my favorite audience, and I'd be closing to a well-known celebrity actress (Geena Davis of Thelma and Louise). The symposium's senior event planner, along with the convention center's senior event manager, both recent CMP designation recipients from Meeting Professionals International, brainstormed the theme for the Feb. 12 date, and came up with "Heart of a Woman." My closing presentation, titled "Worthiness of Woman," addressed self-esteem, who we are today as women and brought the day to a finish.

Why not have the book ready and released for this event, only one month away? Is it possible? (I remember Pam Lontos, CSP, saying it is!) I set the target goal (book delivery date), and backtracked it on the calendar (printing dates, artwork deadlines). I e-mailed fellow NSAers, authors and friends with the invitation to submit their original or favorite quotations. Poems started coming in, then a few short stories.

Tapping into the symposium theme, with the full permission (and excitement) of the event creators, I adopted "Heart of a Woman" for the title of my book. In just 21 days from original conception, the book was compiled, designed and put to press to ensure its availability on the event release date. How can you do this?

 Have a vision, do the homework, use your skills and tap into the brilliance of others (NSA mentors). 2. I happen to be a 28-year veteran in graphic design and self-published this book, using one of our NSA vendors. And...it was on time! Two of the first books out of the shipment were presented to the meeting planners as gifts—they loved it!

Although my contract for the engagement stated no product sales from the platform, which I respect, I did have permission to read from the book. I shared the opening poem, a very touching and uplifting poem, written especially for this book, said the name of the book and gently showed the book cover before putting it down. At the completion of my program, not only did it earn a standing ovation, ladies were lined up waiting for multiple autographs, with books flying off the table.

This create-a-product-for-the-engagement idea can also stimulates other book opportunities you might consider. For instance, you could custom design the cover for clients, using their logos, themes and colors through one of the print-on-demand (POD) NSA vendors.

Expand the ways you deliver your services. Consider creating a booklet, workbook, manual, three-ring binder with subscription inserts, CDs, CD-ROM or DVDs. Generate a product that will support your topic. Make a logical connection between your topic and the audience need.

Sometimes we get so caught up in the passion we have for speaking, that we forget it's a business. Leverage your engagements with products to maximize the income and experience—without leaving money on the table.

Sheryl Roush has created more than 30



audience-centered products, including those for developing speaker marketing materials. Contact her at Sheryl@SparklePresentations.com or (858)