



# STORYTELLING & COMMUNICATION

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Knowing our own story and telling it can be extremely difficult. We can feel confused, conflicted about what to share, what to feel and how to frame all of it. This is true whatever that story is, whether it is the story of our own life during dates, the story of our brand or company during business meetings, or the story of our campaign when talking to politicians. Whoever our audience is, it is important to own and be comfortable with '*creating, defining, and communicating*' our narrative.

## 5 Step Storytelling for Communication Lab

This is where I come in. To help with developing & practising these techniques, I offer a 5 session series that allows the principles behind '*create, define, communicate*' to be played with in a practical example from the work of your company, project, or organisation. The sessions are developed together with you to provide a springboard for the successful communication of your narrative and ideas to varied audiences, by working on one case study over 5 sessions.

Topics covered include **Public Speaking**, **Improvisation** and **Audience Psychology**.

## Logistics

**Pricing:** Primary consultation is always free of charge, with the subsequent 5 sessions priced as a package. This includes continued advice and support, throughout the coaching period and after. Pricing is based on a base level of £800, for a group of 5 people, larger or smaller groups are possible. Travel and associated costs are not included, hence an in person series would involve additional costs. Discounts maybe available for charities and non-profit organisations.

**Coaching Sessions:** The sessions are 1 hour long with additional "homework". They are interactive, fun & involve theatrical exercises. The series is available on a one to one basis or for small groups, digitally or in person.

## About Me

Trained as a coach by **Storytelling Centre Amsterdam** with life and academic experience from different countries and professional fields. I am uniquely placed as a coach to understand the issues and opportunities surrounding communication. For more information, client testimonials, references and an updated CV, drop me an email or get in touch via my website.