InnerVoice Studio

COMMUNICATE WITH CONFIDENCE

WHAT WE DO

We offer a pragmatic and targeted approach to improving leadership, communication and collaboration skills among individuals and teams.

Our unique programs encompass three main focus areas:
1. *Confidence and presence practices*
2. *Voice and speech techniques*
3. *Communication and presentation skills*

CORE SERVICES

Workshops + Trainings
Full day, half day, or bespoke

Customized 1:1 Coaching
For individuals and leaders

Speaking Events
Brown bags, fireside chats, keynotes + more

BY THE NUMBERS

15 Years
Working with diverse, global teams with a mix of backgrounds, cultural norms, personality types and communication styles.

1500 Clients
Our clients come from a wide variety of cultures, personal backgrounds and levels of professional experience.

25 Countries
We are privileged to work with people from all around the world and all corners of the US.

IMPACT

- Enhanced planning, organization, productivity; minimized delays and bottlenecks
- Bolstered psychological safety, effective conflict resolution; reduced negativity, avoidance
- Strengthened communication, collaboration; reduced silos, project creep
- Strengthened retention, engagement; lower turnover, increased loyalty
- Improved agility, change management; decreased reliance on outdated practices
- Elevated meetings, presentations, creative sessions; reduced inefficiencies, disengagement
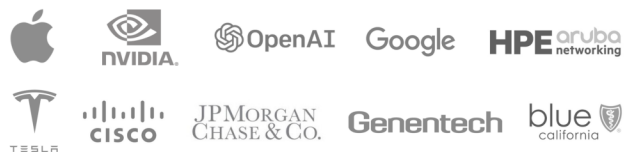
WHO BENEFITS

People

Everyone from ICs, team and project leads, project, product and program managers, department heads, directors, and VPs, all the way to the C-suite.

Teams

Diverse, global technical teams with a mix of backgrounds, cultural norms, personalities and communication styles.

Organizations

We've helped more than 65 organizations across a wide variety of industries, including hardware, software, AI, machine learning, climate, biotech, finance, insurance, healthcare, government, nonprofit, and more.

INNERVOICE STUDIO

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Unlocking Voices:

UNDERSTANDING A COMMON YET OVERLOOKED BARRIER TO EFFECTIVE COMMUNICATION

The Facts

A 2023 study found that poor communication costs large companies up to $15,000 per employee annually. Additionally, 77% of CEOs report struggling to find the innovation and creativity they need to stay competitive in today's fast-paced business environment.

Today's leaders are generally familiar with common communication challenges—such as personality differences, varying levels of expertise, and diverse opinions and work styles. Yet, there's one pervasive yet often overlooked reason employees hesitate to speak up during brainstorming sessions, presentations, and team meetings: **Their voices won't come out when they need them.**

Though well-intentioned leaders often encourage employees to speak up, project their voices, and bring more energy to their tone, the reality is that the relationship between effective communication and a person's ability to vocalize their ideas is far more nuanced and complex.

Your Voice is the Sound of Your Life

An essential element of effective communication is understanding the internal factors that influence the sound, quality, and reliability of one's voice—and, ultimately, their ability to speak up when it matters most.

These factors can range from real or perceived threats—such as concerns about job security or cultural fit—to more subtle discomforts, like being new to the team or uncertain of one's role.

Additional influencing factors may include:

- Communication and speech patterns learned from family and community
- Coping mechanisms shaped by life experiences
- Socioeconomic conditions, gender, race, and culture
- Personal biases, perspectives, and narratives
- Physical and mental health, including stress, energy levels, and sleep
- Emotional states and more

Our Approach

Our interactive programs will explore how these elements of voice and speech impact team collaboration and performance. Through practical exercises and discussions, participants will learn how to:

- ✓ Build confidence in their own voice to foster more open self-expression
- ✓ Enhance emotional intelligence and resilience to overcome communication barriers
- ✓ Establish new communication norms that encourage trust, openness, and collaboration

By equipping participants with these insights and tools, our programs help create an environment where every voice is valued, heard, and empowered to contribute.