

**Mackenzie Cates-Allen | She of Many Hats**  
**Public Speaking & Coaching**

*Helping you speak clearly, confidently, and without apology.*

Public Speaking isn't about being the loudest person in the room. It's about being steady, clear, and grounded in what you have to say.

I offer personalized public speaking coaching designed for everyday people, often women, stepping into new spaces, whether that's a classroom, boardroom, church group, training session, or community event.

**Complimentary Discovery Consultation**  
**Up to 30 Minutes – Free**

A relaxed, no-pressure conversation to see if we're a good fit.

During this session, we will:

- Talk through your upcoming speaking engagement
- Identify where nerves are showing up
- Clarify your audience and message
- Create a simple starting strategy

Available virtually or in person (in-person preferred when possible).

**Introductory Coaching Session**  
**\$25 (Half Off Standard Rate)**  
*Standard Rate: \$50 per hour*

Designed to build immediate confidence and clarity.

You'll leave with:

- A simple, easy-to-follow structure for your talk
- A strong opening and confident close
- Practical techniques to manage nerves
- Clear next steps before your event

**Ongoing Coaching**  
**\$50 per hour**

For women who want to grow their voice and feel more at ease speaking in any setting.

Sessions may include:

- Organizing your ideas clearly
- Telling your story with confidence
- Strengthening voice, pacing, and presence
- Practicing delivery with real-time feedback
- Preparing for Q&A or group interaction

**The Goal**

Not just to help you get through it, but to help you feel proud of how you showed up.

*She of Many Hats exists to support women who are stepping forward, and ready to use their voice.*