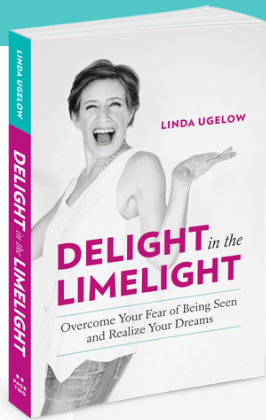




LINDA UGELOW

THE FEAR OF PUBLIC SPEAKING IS NOT SOME RANDOM EMOTION WITHOUT A CAUSE

Instead of a bandaid approach to manage anxiety,
get to the root and clear it away.



Linda Ugelow, author, speaking confidence coach and international speaker inspires audiences to break free from the things that binds us so that speaking and expressing yourself becomes one of the best things you get to do.

"This book is the ultimate roadmap for overcoming anxiety on stage or on camera"
Dorie Clark, author of Stand Out

"Wise, passionate, grounded and immensely practical."

Rebecca Henderson, author of Reimagining Capitalism in a World on Fire

CONTACT

W Website
LindaUgelow.com

E Email
Linda@LindaUgelow.com

P Phone
(781) 698-6846

SOCIAL MEDIA

T Twitter
@LindaUgelow

in LinkedIn
/lindaugelow

f Facebook
/lindaugelow

TikTok
@lindaugelow

STORY IDEAS

- The 3-part framework to go from speaking dread to loving it instead
- How to discover the root causes of your anxiety
- 5 mistakes people make to get over their fear of speaking
- How To Be Confident & Speak Up At Work
- How to watch yourself on video without cringing
- How to make friends with the lens
- How the pandemic has impacted our speaking confidence
- What's behind Impostor Syndrome and how to get over it.

AS FEATURED IN

Huffington Post | Money Magazine | Thrive Global
Nylon | This Morning with Gordon Deal
The Elegant Warrior Podcast | MeQuilibrium
Audacy Seattle | Inspired Coach
Mike & Kacey in the Morning

