



LEADING AUTHORITY ON PUBLIC SPEAKING, PRESENTATIONS SKILLS TRAINING



**Lenny  
Laskowski**  
*International Professional  
Speaker  
Speaker  
Consultant  
Author*

*“What happens when you’re asked to give a speech, professionally or personally? If you get nervous, start sweating, and hope it’s all just a bad dream, you’re not alone.*

*Business professionals, students, politicians and teachers alike all have encountered the anxiety that comes with public speaking” Presentations do not have to be painful, or even stressful.*

*Lenny can show you how. Lenny is the leading authority on public Speaking and can help you become a more confident public speaker and presenter”*

[www.LJLSeminars.com](http://www.LJLSeminars.com)  
860-559-0202

*When you are looking to hire a dynamic speaker and expert to speak at your next Meeting, Conference or Convention ...*



## *Lenny Laskowski, International Professional Speaker*

Lenny Laskowski is the leading authority on the topic of public speaking and presentation skills.

Lenny is the author of Book, "*Painless Presentations - The Proven Stress-Free Way to Successful Public Speaking*", (John Wiley & Sons) and "*10 Days to More Confident Public Speaking*" (Grand Central Publishing).

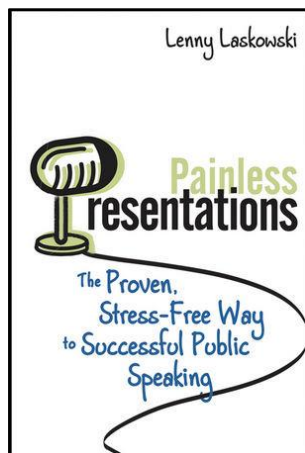
He is also a contributing author of the book, "*Confessions of Shameless Internet Promoters*" and is an expert on internet marketing. Lenny's internet marketing savvy has allowed him to deliver over 2700 programs to clients from over 178 countries. Lenny's book, "*Success Via the Internet*" and his popular keynotes and workshops on internet marketing has been widely acclaimed. Lenny's internet marketing savvy has allowed him to deliver over 2700 programs to clients from over 178 countries. Lenny's book,

Lenny has been an international professional speaker for over 23 years and travels from Wilmington, NC. (USA). Lenny specializes in helping people make better presentations. Lenny's workshops, seminars, keynotes and private coaching methods provide practical techniques that help people improve their speeches and presentations

Lenny is an accomplished international professional speaker and provides people with the tools and techniques for personal and professional growth. Lenny is a member of the National Speakers Association, NSA-New England and the Connecticut Professional Speakers Association. Lenny was also an active member of Toastmasters International and has earned his Distinguished Toastmaster (DTM) designation, Toastmasters International highest designation.

Lenny also earned the "Dean's Award" as best instructor at Toastmasters Leadership Institute in 1993 and was voted as Toastmaster Of the Year for District 53 in 1994. Lenny was one of the featured speakers at the 1996 Toastmasters International Convention.

Lenny has written many articles for such magazines such as Presentations, Successful Meetings, Training, The Journal and many others. Lenny was also featured in Lilly Walters new book, "*Speak and Grow Rich, 2nd Edition*" and in the *November, 2000 issue and the June, 2001 issue of PC World*.



## Painless Presentations: The Proven, Stress-Free Way to Successful Public Speaking

[Lenny Laskowski](#)

ISBN: 978-1-118-36177-1

197 pages

October 2012

### Description

#### **A simple road map to the world of professional presentations**

What happens when you're asked to give a speech, professionally or personally? If you get nervous, start sweating, and hope it's all just a bad dream then you aren't alone, but you need help. *Painless Presentations* proves that speaking doesn't have to be painful, or even stressful. A speech is a means to giving great, helpful material to an audience and the speaker is the vehicle to achieve that goal. This simple-to-read book guides those just beginning their journey into the world of speaking. *Painless Presentations* teaches the "Dozen Deadly Dangers" to avoid and much more.

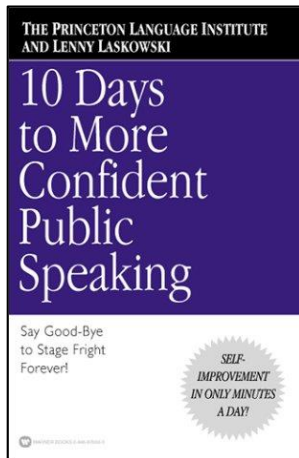
Explains how to gather information and materials

Details the structure of a presentation

Describes uses of visual aids and vocal variety

Demonstrates how to handle questions

*Painless Presentations* offers wisdom derived from Lenny Laskowski's thirty-five-year speaking career, delivering more than 2,700 programs to clients in over 178 countries. It will give you no-sweat tips for delivering speeches that win over your audiences every time and teaches you that giving speeches doesn't have to be painful.



## 10 Days to More Confident Public Speaking



**Format:** Trade Paperback  
**Price:** \$11.99 US/\$13.50 CAN  
**ISBN-13:** 9780446676687  
**On Sale Date:** 07/01/2001  
**Publisher:** Grand Central Publishing  
**Imprint:** Grand Central Publishing

### [FULL DETAILS](#)

**Formats Available:** Trade Paperback, [Audiobook](#), [Electronic Book](#), [Electronic Book](#), [Electronic Book](#)

### Description

Written by an expert in the field, this book has the tools you need to become a relaxed, effective, and commanding public speaker. A clear, concise, step-by-step approach with dozens of inside tips, "10 Days to More Confident Public Speaking" will help you:

- Overcome nervousness and discover your own natural style
- Connect with your audience with your very first words
- Write a speech that builds to an unforgettable conclusion
- Expertly blend humor and anecdotes into your talks
- Use proven techniques to memorize your speech

# Keynotes, Short Programs, Breakout Sessions

## ***The 7 Aspects Of A Dynamic Presentation***

Lenny discusses the 7 aspects of a dynamic presentation along with many tips on the use of visual aids, gestures, and much more. In this keynote, Lenny discusses the proper structure and even provides teaches a great technique which can be used to prepare your next speech immediately.

## ***Your Spoken Image - It's Not What You Say, It's How You Say It***

Is this lively keynote, Lenny discussed the importance of projecting a positive spoken image. How you talk and even how you walk sends a message about you. In this keynote, Lenny discusses how to use gestures, facial expressions, walking patterns, accents and much more.

## ***Overcoming Speaking Anxiety in Meetings & Presentations***

In this entertaining keynote, Lenny provides you with some physical and mental techniques which can be used today to reduce your speaking anxiety. The steps you need to become more relaxed are discussed.

## ***Loosen Your Tie - Reengineering the Engineer's Presentation***

With 25 years of presenting technical papers for people from around the world, Lenny knows what it takes to prepare and deliver an informative, yet entertaining technical presentation. Lenny describes some of the techniques which can help your presentations stand out from the rest of them.

## ***How to Make a Great First Impression***

They say you can't judge a book by it's cover but how many of judge people by the way they look or speak. Someone's 1st impression of us is often formed before they even hear us speak our first word. This keynote provides you with tips and ideas on how to make a great first impression.

## ***The Motivation To I.N.S.P.I.R.E.***

In this motivational keynote, Lenny describes and shows you what it takes to motivate and inspire your audience. The principles Lenny provides in this keynote will help you to better motivate your audiences.

## ***How to Create a Presentation "On the Fly"***

In this dynamic and very unique keynote, Lenny will develop, organize AND deliver a presentation right before your eyes. Lenny will solicit information from the audience and organize the presentation on what the audience wants to hear. Watch this master of presentation skills and public speaking demonstrate how easy it can be done.

## ***7 Key Decisions Your Website Visitor Must Make Before They Decide To Do Business With You***

In this dynamic and information packed keynote, Lenny provides with the 7 key decisions your website visitors must make before they decide to do business with you. Many websites today do not fully understand how to turn visitors into clients. This keynote provides you with the exact steps you must take to convert visitors to clients.

## ***How to ENERGIZE Your Sales Presentation***

In this informative keynote, Lenny talks about how to energize your sales presentations and what it takes to win over potential customers and future clients

## ***Integrating your On-line and Off-line Marketing Efforts***

In this practice, tips-filled keynote, Lenny will explain to you exactly what you need to do to effectively integrate your on-line and off-line marketing efforts. Lenny will show you how this integration can create a synergistic effect for your business.

Inquire about our other keynotes available....

We can also customize any keynote to meet your specific needs.

60, 90, 120 minute keynotes available

# Large Group and Small Group Seminars

## ***Painless Presentations - The Proven Stress-Free Way to Successful Public Speaking***

- This Brand New program is based on Lenny's latest Book by the same title, published by John Wiley and Sons.

What happens when you're asked to give a speech, professionally or personally? If you get nervous, start sweating, and hope it's all just a bad dream then you aren't alone, but you need help. Painless Presentations proves that speaking doesn't have to be painful, or even stressful. A speech is a means to giving great, helpful material to an audience and the speaker is the vehicle to achieve that goal.

This program discusses such topics such as:

- Explains how to gather information and materials
- Details the structure of a presentation
- Describes uses of visual aids and vocal variety
- Demonstrates how to handle questions

Painless Presentations offers wisdom derived from Lenny Laskowski's thirty-five-year speaking career, delivering more than 2,700 programs to clients in over 178 countries. It will give you no-sweat tips for delivering speeches that win over your audiences every time and teaches you that giving speeches doesn't have to be painful.

Each program is customized and can be adapted to ANY size group.  
1/2 Day, 1 Day, 2 Day or 3 Day formats are available.

## ***How to Effectively Present Your Ideas***

This is the perfect two-day "hands on" workshop to help you become a more dynamic speaker and presenter. This workshop will teach you how to improve your presentations and improve your confidence. You will also learn how to properly structure your presentations, how to use visual aids, gestures and speaking postures. You will also be provided with some physical and mental techniques you can use to reduce your speech anxiety. Lenny will share with you his unique method for preparing presentations along with techniques on handling questions. All presentations will be videotaped and the videotape is yours to keep!

Class size is limited to 6 to 30 participants.  
1/2 Day, 1 Day, 2 Day or 3 Day formats are available

## ***Senior Management Development Seminar***

This is a three-day workshop to help you become a more dynamic leader, speaker and presenter. This workshop will assess your current leadership skills and teach you how to improve your presentations and improve your confidence.

You will also learn how to interact with other team members as well as get a better understanding of your leadership style. This fast paced course is designed for busy professionals who want to fine-tune their existing skills.

This 2 Day or 3 Day program is limited to 6 to 18 participants.

## ***Simply Speaking..Selling Yourself and Your Ideas!***

This is an intense one-day workshop designed to provide you with new ways to present yourself and your ideas. Lenny will present a collection of topics and limited hands-on training from his most popular keynotes and workshops. This is the perfect workshop for large associations and companies who are looking for something special. This workshop can also be added as an option to your existing conference or event. Half-day workshops are also available and can also be provided in conjunction with any of Lenny's dynamic keynotes.

No limit on the number of participants  
1/2 day of Full Day formats are available

## ***Executive Speech Coaching / Upper Management Speech Coaching***

Lenny can also provide private "one-on-one" speech coaching. This includes personalized videotaping and coaching is provided along with a detailed assessment of speaking style. Lenny can work with each management team member on a personalized basis and can be scheduled to accommodate any number of people.

A Maximum of 2 people per day can be scheduled  
(Private coaching available for 1,2 or more days, including monthly consulting options)

Inquire about our other programs available....

We can also customize any program to meet your specific needs.

## What People Have Said...

Lenny - I would like to express my thanks to you for the role you played in making our National Business Meeting a tremendous success this year! Your seminar "Simply Speaking...Selling Yourself and Your Ideas" was highly informative, interesting and effective. Everyone who attended greatly benefited and gave successful presentations at our meeting.

**Mark Lyle, Vice President, Marketing**  
W.J. Deutsch & Sons Ltd.

"Thanks Lenny. Your presentation was energetic and achieved our goal of setting the stage for the day-- your insights, particularly about SEO got rave reviews from a rather savvy marketing crowd."

**Mona Buckley, CEO**  
Professional Insurance Marketing Association

"I would like to thank you for the outstanding seminar you recently conducted on behalf of Verizon's National Sales Support Team. Your seminar, "Simply Speaking...Selling Yourself & Your Ideas" was exactly the type of hands-on, practical skills transfer that we were looking for! I also want to thank you, for your thorough preparation and the quality of the materials that you provided to our group. Much of the anecdotal feedback that we have received truly speaks very positively to your professionalism and method of delivery. As our group makes presentations for a living, you were able to speak to them in a language familiar to them and to provide them with tips and techniques with which they were previously unfamiliar. The participants left your seminar energized and with an increased level of confidence in their abilities to make professional presentations.

**Jeff Patton, Senior Staff Consultant/Manager**  
National Sales Support Team  
Verizon

"I would like to thank you for your recent efforts in upgrading the presentation skills of the R&D department here at Cabot Microelectronics. I thought the format of you presenting two 4-hr workshops in early summer, followed by critiquing our project reviews one- and two-months later respectively, was highly effective. It enabled the concepts to sink in and be out into practice immediately, and brought you back to reinforce good practices."

**Cliff Spiro, Vice President, Research & Development**  
Cabot Microelectronics

"I want to thank you for providing your two-day presentation skills seminar for our professional staff at the French Embassy in Washington, DC. The feedback we received from each of participants was that the seminar was one of the best seminars they ever attended. The program was very well organized and each participant learned much during the two days you spent with us. We certainly plan to use your services in the near future for another seminar.

**Laurent Jacquet-Saillard, Head of Administrative Department**  
Ambassade De France Aux Etats-Unis

## Customer Service Programs

We offer seven very exciting customer service programs. These customer service programs runs anywhere from one day to three days in length, depending on how comprehensive a customer service program you are looking for.

***Comprehensive Customer Service*** -This is our three-day comprehensive customer service workshop. During this workshop we will cover everything from understanding what customer service is, customer expectations, handling complaints to retaining customer and much more....

Click [Here](#) for our **Comprehensive Customer Service Program Outline.**

***Handling Customer Complaints*** -This is our two-day customer service program which focuses on handling customer complaints. During this workshop we will cover everything from understanding what customer service really is to learning how to handle complaints, understanding the customer business relationship, customer satisfaction and customer service teamwork.

Click [Here](#) for our **Handling Customer Complaints Outline.**

***What is Customer Service*** -This is our one-day basic customer service program which focuses on understanding what customer service is all about. During this workshop we will cover everything from understanding what customer service really is to learning how to deal with customers professionally.

Click [Here](#) for our **What is Customer Service Outline.**

***Customer Service Telephone Techniques*** -This is our one-day customer service program which focuses on customer service telephone techniques. During this workshop we will cover everything from understanding what customer service really is to learning how to deal with customers over the telephone or face-to-face.

Click [Here](#) for our **Customer Service Telephone Techniques Outline.**

***Customer Service & The Use of Email*** -This is our one-day customer service program which focuses on customer service and the use of email. During this workshop we will cover everything from understanding what customer service really is to learning how to deal with customers using email.

Click [Here](#) for our **Customer Service - Use of Email Outline.**

***Internal Customer Service*** - This one or two-day internal customer service program provides your organization with the skills to improve communication skills, interdepartmental support, productivity and motivation.

Click [Here](#) for our **Internal Customer Service Outline.**

***Medical Customer Service - How to Manage a Medical Office*** - This one day medical customer service program provides your staff with the skills to professionally manage a medical office and staff. This program is perfect for your medical office managers, and medical office personnel. All programs are customized and tailored to meet your specific needs.

All seminars can be provided as "on site" seminars at your location. If your company or firm does not have its own training facility we can conduct any of our seminars at an offsite location near you for an additional fee. You may also come here to Stratford, CT if you would like.



<p>ABB Combustion Advanced Technologies &amp; Services, LLC Allmerica Financial A.M. Consultants American Chemical Society American Express American Marketing Association American Society for Training &amp; Development Applied BioTech Concepts, Inc. Association of Arkansas Counties AstraZeneca ATRCO Automatic Data Processing, Inc. Babcock &amp; Wilcox Boards Of Education (Several) Boy Scouts Of America Bridgeport Hospital BT North America Cabot Microelectronics Capitol Community-Technical College Carlsbad Municipal Water District Centerbank Central Connecticut State College Chartered Property Casualty Underwriters CIGNA Columbia University Graduate School of Business Combined Health Appeal Combustion Engineering Comet Group Connecticut Authors Association Connecticut Association of Purchasing Mgmt, Inc. Connecticut Center for Advanced Technology Connecticut Hospital Association Connecticut Mutual Insurance Company Connecticut Society of Professional Estimators Control Diabetes Services, Inc. Covenant to Care for Children Cox Cable CRA Rogers Casey Current Analysis Department of Defense Delaware Society of Professional Engineers DG Bank of New York Dictaphone, Pitney Bowes Company Duke University Graduate School Eaton Corporation EKS&amp;H Electric Power Research Institute Entrepreneurial Woman's Network Farmington Board Of Education Fidelity Investments Financial One, Inc. Forest Laboratories French Embassy Gallo Wine Merchants, Inc. Gardner Merchant GE Commercial Finance Gillette Financial Group Goodheart-Willcox Publisher Goodrich &amp; Sherwood Greater Hartford Chamber Of Commerce Greater Valley Chamber Of Commerce Hartford Public School System HBAC Relocation HB Communications, Inc. HCA Healthcare HeliFlite Hudson University Hyundai Electronics America Inc Magazine Information Management Corporation (IMC) Institute of Management Consultants Intel Corporation Inter-American Development Bank (IADB) International Clients in Europe International Clients in Asia International Clients in South America International Clients in North America International Clients in Australia International Factor Association (IFA) Inventors Association of Connecticut</p>	<p>Kaiser Permanente King's College London KPMG Alpha Delta Kappa Lewton Industries Corporation Life Learn Loctite Corporation MacDermid, Incorporated Marketing Directions Master Lock Mattel, Inc. (PT. Mattel Indonesia) Mead Paper MedEx International Merck Memory Corporation Millstone Nuclear Power Station Motorola Corporation National School Plant Management Association National Association of Purchasing Managers National Society of Professional Engineers National Speakers Association-New England Chapter National Speakers Association-Tennessee Chapter Nestle Waters - North America Network for Advancement in Professional Sales Nielsen Media Research New England College Newington Board Of Education Newington High School North American Products Corporation Northeast Utilities Northeastern University Nynex Oral &amp; Maxillofacial Surgeons of Milford &amp; Derby, P.C. OSRAM-OS Palomar Medical Technologies, Inc. Paradigm Associates Parametric Technology Corporation Parish Structural Products Pennsylvania Dept. Of Environmental Protection Pennsylvania Bureau of State Parks Photo Marketing Association International PictureTel Praxair Presto Products Company Professional Development Services Professional Insurance Marketing Association (PIMA) Public Relations Society of America Purchase Plus Buyers Group, Inc. Quorum International, Ltd Reckitt Benckiser Group Republican Political Party, Rocky Hill, CT. REGISTRAT, Inc. Resource Engineering Rohm &amp; Haas Corporation Risk &amp; Insurance Management Society Sara Lee Shape Electronics, Inc. Shop Rite Sklover &amp; Associates, LLC Society of Flavor Chemists Syska Hennessey Spaulding Rehabilitation Hospital Taqua Systems Terumo Medical Corporation Texas Department of Human Services The America Group The Connecticut Authors Association</p>	<p>The Greater Hartford Chamber Of Commerce The Harford Courant The Learning Exchange The Millard Group The Monetary Stress Institute The New England Speakers Association The Rockbestos Company The TAN Company The Terlaga Group The Torrington Company Thompson Creek Mining Toastmasters International Travelers Insurance Company Trumbull High School Unisys Corporation United Health Care United States Aerobatic Foundation, Inc. U.S. Department of Agriculture U.S. Food and Drug Administration U.S. Department of Transportation United States Air Force United States Army - Aberdeen Proving Ground United States Army - Fort Meade United States Army - Fort Monmouth United States Fish &amp; Wild Life Service - Alaska United Technologies United Way University of Mass, Lowell USAA World Wide Insurance Utility Management Services, Inc. Verizon Visiting Nurse and Home Care, Inc. Waffle House, Inc. West Hartford Continuing Education Western New England College Westinghouse Corporation W.J. Deutsch &amp; Sons Ltd WMD Task Force Youth Tech Entrepreneurs Zebus Group, Inc. Zycos</p>
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Find more information by visiting our website at:

[www.LJLSeminars.com](http://www.LJLSeminars.com) or call us at 1-860-559-0202 or

email us at: [Sales@LJLSeminars.com](mailto:Sales@LJLSeminars.com)

**We can provide a customized program for you**

Lenny can customize and tailor a program which meets the needs of your organization. Lenny can create a program for your organization's size, time, schedule and experience level.