



## **Mary Mayotte Communications, inc.**

### **Speech Fitness Institute®**

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### **Who We Are**

Mary Mayotte Communications, inc is a global marketing + communications consultancy with an office in New York City, corporate headquarters and an Institute in Denver, Colorado and satellite offices located throughout the country, to include Los Angeles.

Mary Mayotte brings a wealth of experience as a communications expert with a background as a television personality, top TV Coach, media spokesperson, former model/actress --and businesswoman. She utilizes her extensive marketing and PR savvy in a variety of industries to spark the imagination, creative spontaneity, and undiscovered charisma of her clients.

### **What We Do**

We are poised to provide a suite of communications services for you, your team and your clients. Whether it's media or speaker training you need, tips on crisis communications, mastering the keynote speech, perception management and image improvement, or Personal/ Executive Coaching—we answer the call. If you are simply looking for a roadmap to lead your team to success, with effective leadership and negotiation skills guidance, MMC inc should be your consultancy of choice. We come to you with 25+ years of experience in the MarCom arena and a client list that spans virtually every industry. MMC consultants are drawn directly from your industry, so that their background is relevant and grounded in your current day, real-world environment.

### **How We Do It**

We believe in a truly integrated and holistic (mind-body-spirit) approach to communication and building your distinctive Personal Brand. We take a unique approach—in addition to defining structure, strategies and solutions, we work on improvisational skills, expanding with movement and vocal exercises to develop power and authority. We focus on getting in touch with each person's distinctive communication style, building upon their strengths in a completely safe and supportive environment. These core techniques and principles are developed and then fostered through all Mary Mayotte Communications, inc/Speech Fitness® programs.

### **Our Clients**

Here is what some of our clients had to say...

**"Mary Mayotte is simply the best. Look no further."**

Charla Krupp, Author-"How Not To Look Old" and "How Never to Look Fat Again"; Former Editor SHOP Etc., InStyle and Glamour Magazines, Eve.com; Contributing Editor/Today Show regular

**"Thank you for your great presentation! Few things in life are life-changing events — I believe you made a difference in mine."**

F. Suarez, Spokesperson, Dr. Scholls

**"The training that I received under your direction is definitely one of the highlights of this past year!"** D. Zapotocky Rizzi, RizcoDesign, Formerly with Porter Novelli, Public Relations

**The Time to Train is NOW!**

**Contact us at 303.321.8935 | [info@speechfitness.com](mailto:info@speechfitness.com)**

**Visit us on the web [www.speechfitness.com](http://www.speechfitness.com)**



**SFI-Inspiring Expert Communicators**

### **If That's Not Enough...**

The Speech Fitness Institute® (SFI) (launched Summer 2003) is a customizable, executive retreat and sales meeting venue blending a sports/performance-based approach with time-tested leadership training and team building techniques, centered around high-stakes communications situations--all set in a "back to nature" environment. The Speech Fitness Institute® seeks out the most renowned retreat locations which master a delicate balance between roughing it and the Ritz Carlton. Our Institutes are designed for locales such as the Broadmoor in Colorado Springs, Beaver Creek and Winter Park Colorado, or can be translated to your meeting venue of choice.

### **THE TIME TO TRAIN – IS NOW!!**

**S**tart the Journey  
**F**-/-e-x the Mind  
**I**gnite Results!!

**AND, BE SURE TO CHECK OUT OUR NEW EXPERTS' NETWORK**  
[www.experts.speechfitness.com](http://www.experts.speechfitness.com)

**The Time to Train is NOW!**  
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