

## **Elly Needs Assessment Report**

### Background

- Voice used to be monotone
- Acted in The Vagina Monologues
- Acts on intuition, intuitive gestures
- Good at listening
- Values authenticity of expression
- Leadership potential, interested in coaching training, unsure of niche
- Spiritual Soul coach and love coach
- Been doing intuitive coaching with a speaker who is ESL
- Past self-loathing
- Three books and intuitive poetry
- Sensitive to criticism but okay with feedback
- Joined Toastmasters
- Did Dale Carnegie way back
- Business opportunity testing MLM products but contract ends soon
- Looking for alternative income
- Loves writing
- Shiny object syndrome
- Looking for clarity
- Works for nonprofit and social Community Services
- Used to be on the phone, now updating resources and database
- Getting stale at day job
- At Toastmasters did a bunch of talks, went to network hub
- Has done spoken poetry and inspired dance possibly turning into song
- Did kids book from a course
- Book about being the surviving twin - struggling to meet word count
- Loves making people laugh

### Challenges

- Not taken seriously
- Feels not seen and not heard at work
- Other people's perspectives, instigate change
- Putting yourself out more
- Wants to make a difference
- Wants to be acknowledged
- Initial stage fright, fades fast
- Volume
- Voice is not as strong as would like
- Unsupported
- Dropping in without self-conscious and a dropping into openness

## Goals

- Coaching not sure what for or in
- Writing
- Speaking
- Poetry - words to memorize so can live it
- Sing in public confidently
- Share the stage with Muhammad
- Reading excerpts from book
- Loves reading to kids - volunteers
- Did expressive Arts therapy
- Toastmaster humour contest - keep going

## Ideal Voice

Sexy, confident, full, self-empowering for self and others, energetic, strong, power, authenticity, authentic, inspiring, natural, bubbly, sparkling water, spilling wine, sparkling Perrier champagne, audience happiness, being touched deeply, tears of joy, they get it in the heart

## Mission

Empower and Inspire Children and Youth through the Expressive Arts

## Between

- Current circumstances are preparing for next phase but don't know what yet
- Look into archetype branding
- Looking for financial opportunities
- Looking for a way to live joy and bliss on purpose
- Learning to live from an intuitive space working on inner strength and focus

## Observations

- Upspeak
- Vocal fry
- Restricted flow of breath
- Run-on sentences

## Next Steps

Attend Unleash Your Voice and Practice Lab