



Communication Coaching

Coaching is a powerful approach to skill development, behavioral change, and performance enhancement. Coaches are collaborators who use creative questions, innovative tools, and their own experiences to help their clients gain insights, develop and hone important skills, and increase confidence. Public speaking and presentation skills are a crucial part of professional and leadership development, and will be our focus during these coaching sessions.

Approach **Coaching sessions can encompass, but are not limited to:**

- Crafting creative content and impactful delivery for presentations, public speaking, networking, meetings, interviews, recorded videos, and on-camera and podcast appearances
- Mastering communication techniques to enhance delivery, connection, and impact
- Developing and delivering a strong personal narrative
- Attending or reviewing presentations and speaking events with a follow-up session for feedback
- Enhancing presence, confidence, and effectiveness for in-person, phone, and video communication
- Crafting and developing stories and using the power of storytelling to make communications more engaging and persuasive

Sessions

Sessions are 30 to 60-minutes long and can be held in person or on Zoom, and are typically scheduled every two weeks during business hours. This allows time to reflect on our conversations and address any potential action items that may have come out of our time together. I offer email, Zoom, and phone support for questions and follow-up in between sessions. You are also free to use our session times for review and feedback on presentations, podcasts, interviews, meetings, or other speaking events.

Investment

What is included:

1. 2 hours of one-on-one session time per month
2. Phone, email, and Zoom support in between sessions
3. Review and feedback on speaking events, presentations, and other communication events
4. Recommendations and access to communications resources to support your progress

Monthly retainer fee: \$1,500.00

*I charge a monthly retainer fee instead of a “per session” fee. There are no long-term contracts or obligations. I do ask for a commitment of time and energy for at least three months so you can feel and benefit from the positive effects of our sessions. My hope is that this initial commitment grows into a successful long-term relationship.



LAURIE GILBERTSON BIO

Laurie Gilbertson is a former New York City sex crimes and organized crime prosecutor, television legal analyst, educator, and entrepreneur. As the owner of [Tribeca Blue Consulting](#), she helps professionals communicate with clarity and confidence in their public speaking, presentations, trial work, and media appearances. In 2019, she joined the Board of Directors and helped launch the [Legal Entrepreneurs for Justice](#), an incubator program for attorneys starting solo firms to help provide access to justice to Coloradans. She currently serves as an advisory board member.

Laurie helps people present their ideas in creative and persuasive ways that engage their audiences. She works with clients through group training and one-one-one coaching to develop their personal and professional narratives, craft the hooks that draw their audiences in, and deliver their stories in a way that keeps people listening and eager to learn more. She also shares insiders' tips and tricks from her experiences in front of judges, juries, and live television audiences to help her clients get the most out of their presentations and public speaking.

Laurie began her legal career with a federal clerkship in Washington D.C, after which she joined the Queens County District Attorney's Office, where she prosecuted organized crime, sexual assaults, and violent felony cases during her ten-year tenure. She translated her extensive trial experience into creative and comprehensive on-air legal analysis for local and national TV and other media outlets, which she continued when she transitioned to a role as a legal educator in the non-profit sector.

Laurie graduated from Cornell University with a B.A. in Government and received her law degree *cum laude* from the Washington College of Law at American University. She is licensed to practice before the U.S. Supreme Court and the bars of the States of Colorado and New York.

WHAT PEOPLE ARE SAYING

"The workshop was AMAZING. You were captivating from start to finish."

Monica S., Capital One Cafe, Presentation Masterclass Participant

"Laurie did an amazing job facilitating the presentation during our team offsite. The knowledge and wealth of information that Laurie shared in the session was impeccable. I will definitely be using the materials and tools that Laurie presented to help with my future presentation and storytelling within my respective role and team."

Nancy L. Capital One Cafe , Presentation Masterclass participant



"Best Presentation/Storytelling Workshop I have been to. Thank You"

Capital One Cafe, Presentation Masterclass participant

"Laurie is a dedicated and knowledgeable coach and I recommend her for anyone. Like no one else in my legal career, Laurie helped me to find my voice, to feel empowered, and, above all, to breathe life into the law."

Clinton Burke, Founder and Owner, Flat Creek Law, PLLC

"Recently, I attended an in-person training with Laurie Gilbertson - Top 5 Ways to WOW in Your Communication. It was one of the most meaningful professional development trainings I've attended in a long time. Not only did Laurie provide the most helpful and tangible tips, but her style was engaging, fun, and unpretentious - it helped make the learning more accessible and fun for the group."

Immediately after the session, I was able to set clear goals to improve my communication as a leader and business owner. Later that week, I was able to revamp a presentation for a corporate client using Laurie's tips and guidance. The presentation was a huge success, and I couldn't be more thrilled with the results. I consider Laurie's wisdom and expertise to be a game changer in my life and career!"

Margie Thirlby, Coach and Consultant, The Thirlby Company

"I worked with Laurie on a presentation for the New Jersey conference for Women. Laurie helped me explore creative and interactive ways to present my material to make this recorded training engaging and interesting. I received great feedback on the presentation from the audience and the conference organizers, who said I "nailed it!". Based on this, I added over 30 people to my LinkedIn network, and gained 2 new clients."

Laurie's input on my video and written marketing materials for my website was also really valuable. I edited my website videos and speaker pages based on her feedback, and I AM SO HAPPY WITH THE RESULTS. If you want to up your presentation skills or make your written or video communication shine, I highly recommend working with Laurie. She is an active listener, clear and concise on her feedback, caring, and really wants you to succeed."

Chelle Johnson, Owner of Best You Talent Advisors

"Laurie helped me . . . ditch the 'typical boring PowerPoint' and get closer to who I am as a speaker. She gave me permission to have fun and be myself. I have since delivered several larger presentations and am a more confident and authentic speaker that has shut the internal "you're a fake" voice down! I would absolutely recommend Laurie."

-Tribeca Blue client and business owner



“I hired Laurie Gilbertson when I had an important training for the Denver Chamber of Commerce. Laurie showed me how to make my presentation more engaging and memorable. Over several sessions, she taught me how to relax more, lean into my natural strengths, and communicate the material clearly. As a result, the business owners left understanding the importance of the information and how to apply it right away. I would highly recommend Laurie to anyone seeking to improve their communications skills. Not only is she experienced and insightful, but our work together was fun and a true learning and growing experience. I will definitely use Laurie with my future presentations.”

-Tribeca Blue client and business owner

SELECTED SPEAKING ENGAGEMENTS

Capital One Eastern Region Leadership Offsite; Gibson Dunn & Crutcher; Lewis Bess; 2022 Colorado Judicial Conference; Colorado Bar Association(CBA)-CLE: Solo and Small Firm Institute; CBA-CLE: Successfully Launching and Running Your Own Practice; Morning Brew Accelerator (MB/A) Communication Bootcamp; University of Colorado Law School; University of Denver, Sturm College of Law; Colorado Attorney Mentoring Program (CAMP); LawBank; Legal Entrepreneurs for Justice Bootcamp and Training Sessions; Justice Entrepreneurs Project of the Chicago Bar Foundation; FirmSpace; Ellevate Network

Contact: laurieg@tribecablueconsulting.com

www.tribecablueconsulting.com