

FROM
THE GREEN
NOTEBOOK



THE PODCAST



“A lot of people who are routinely called on to present in a work environment confuse experience with ability.”

SPONSORED BY



ALPHA
COFFEE

&



UNG | UNIVERSITY of
NORTH GEORGIA
THE MILITARY COLLEGE OF GEORGIA

&



HOIST
IV-LEVEL HYDRATION

VICTORIA WELLMAN

Author of *Before You Say Anything*

Victoria Wellman, the co-founder of [The Oratory Laboratory](#) and author of [Before You Say Anything: The Untold Stories and Failproof Strategies of a Very Discreet Speechwriter](#) joins the show to talk about the art of public speaking. Victoria and Joe discuss what people should know before they sit down to write their speech, tips for structuring, and considerations for delivery. She also shares some of the biggest mistakes people make when

they stand up in front of a crowd and how to avoid them.

[Click here](#) to listen to the episode

About Victoria (@ol_vicswellman)

She is the co-founder and President of The Oratory Laboratory, a boutique creative agency for public speakers based in Manhattan and servicing the world. She has crafted speeches for influencers, politicians, entrepreneurs, Olympians, NFL stars, astronauts, rap stars, artists, and activists, and has garnered media attention from The Today Show, Martha Stewart, CNN, NPR, NBC, ABC and CBS News. A professionally trained actress, Wellman lives in Brooklyn, NY.

Share this:

- [Email](#)
- [Tweet](#)
- 
- [Print](#)
- [WhatsApp](#)