



SPEECH COACHING REPORT

Date: 200707

COACH: JAVIER VALCÁZAR, 30, Spain

PWS: XXXXXXXX, male, 32, U.K.

Stutter age 3, repeats to 50%

1st Coaching Session 200610

Summary of Coaching Session

In today's session we learned the following:

- 1) The reason you are stuttering a bit more lately is that you're not doing your homework. We agreed this is an easy solution.
- 2) Despite this, you are still very close to self-curing. You've improved a lot since we began our sessions six weeks ago. You're almost there.

Suggestions/Homework

- 1) Read aloud 1 hour every day, using the Crutches (one Crutch per page).
- 2) Use the Crutches in your daily conversations, even when you don't need them.
- 3) Do at least 2 daily Auto-Suggestion treatments.
- 4) Focus on *speaking like a King* and *holding the tone* (especially when the anxiety levels increase). Use these two on every sentence you say, even if you don't need them. This is the way to acquire the habit of speaking like a King. If you do this you will hear a lot of fluency, and not disfluency, which is our first goal.
- 5) Watch the videos of our sessions. I give you a lot of very useful advice and reinforcing this will help.
- 6) Be your own speech coach. Analyze your speech and, if it is worse, or you have a bad incident, you can always ask yourself what can be improved:

- Why did I have a bad incident? What could I have done differently?
- Why am I having problems with my speech? Am I reading aloud every day/doing auto-suggestions/using the Crutches?

Agenda for Next Coaching Session

- 1) Discuss any bad incidents
- 2) Drill the Crutches
- 3) Practice speaking without planning words