



Mouthin'
Off

COMMUNICATION MENTORING

ABOUT RUTH

Ruth's communication expertise spans over 3 decades across media, facilitation and professional development.

As a presentation skills coach, she helps professionals translate their knowledge into clear, confident communication - balancing empathy, challenge and practical frameworks that deliver real-world results.

Bridging the gap between what people know and how effectively they communicate it.

Ruth Guice



COMMUNICATION & PRESENTATION SKILLS TRAINING



CONFIDENCE & ASSERTIVENESS



COMMUNICATION FOR EMERGING LEADERS AND MANAGERS



DELIVERY CAPABILITY

- In person (regional and metropolitan)
- Virtual workshops
- Small group programs
- One-on-one executive coaching
- Conference and professional development sessions



WORKING WITH

- Corporate professionals
- Government departments and agencies
- Technical specialists (engineering, IT, data, finance, policy)
- Emerging leaders and middle managers
- Teams navigating change, pressure, or increased visibility

OUTCOMES & IMPACT

→ Increased confidence in meetings and presentations

→ Clearer, more persuasive messaging

→ Reduced communication anxiety

→ Improved communication with colleagues, leaders and external parties

→ Stronger leadership presence

- Human, practical frameworks
- Trauma-aware, psychologically safe delivery
- Down-to-earth facilitation that builds trust quickly

Reach higher



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