

## **SFU Press Releases Collection**

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## **Conquer your public speaking fears**

Contact: Jesai Jaymes, [Phone removed]

September 08, 2004

A new book, by SFU author and voice coach Jesai Jayhmes offers an easy, eight-step home study course for developing your vocal power and engaging your audience. Published by the Learning and Instructional Development Centre (LIDC) at SFU, *Develop Your Vocal Power* grew out of Jayhmes' classes and workshops that help teachers create dynamic learning environments through effective use of the voice. His training has assisted faculty at SFU, UBC, the Vancouver School Board and other groups, including Toastmasters, Yoga teachers, conference promoters and sales teams.

"With seven out of 10 people terrified of public speaking, there is a real need for a simple, fun and effective system for getting over it and becoming vocally fit," says Jayhmes.

"Traditionally these secrets have been the domain of actors and orators." Jayhmes should know. For over 30 years, he has been a classical actor and teacher. Meet the author at two book launches: Lunch Hour Launch The SFU Bookstore at the Burnaby Mountain Campus Wednesday, September 29th 12:00pm to 1:00pm Afternoon Launch The SFU Bookstore Downtown Harbour Centre Campus Thursday, September 30th 5:00pm to 6:00pm.

Jayhmes will be on hand to sign books and give a vocal fitness demonstration. "This book could change your life," says David Kaufman, Director of the LIDC. "Jesai's passion, skill and commitment to his students and clients have been a joy to observe, and this has been borne out by the numerous testimonials received by Jesai and our department." For more information visit [www.developyourvocalpower.com](http://www.developyourvocalpower.com)