



Mary Mayotte + Associates

Speech Fitness Institute®

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Who We Are

Mary Mayotte + Associates is a global marketing + communications consultancy with an office in Denver, Colorado, corporate headquarters in New York City, and satellite offices located throughout the country and in London. Mary Mayotte brings a wealth of experience as a communications expert with a background as a television personality, media spokesperson, model, and businesswoman. She utilizes her extensive marketing and PR savvy in a variety of industries to spark the imagination, creative spontaneity, and undiscovered charisma of her clients.

What We Do

We are poised to provide a suite of communications services for you, your team and your clients. Whether it's media or speaker training you need, tips on crisis communications, mastering the keynote speech, or perception management and image improvement--we can answer the call. If you are simply looking for a road map to lead your team to success with effective leadership and negotiation skills guidance, MM+A should be your consultant of choice. We come to you with 20+ years of experience in the business and a client list that spans virtually every industry. MM+A consultants are drawn directly from your industry, so that their background is relevant and grounded in your current day, real-world environment.

How We Do It

We believe in a true mind-body-spirit approach to communication. We take a unique approach—in addition to defining structure, strategies and solutions, we work on improvisational skills, expanding with movement and vocal exercises to develop power and authority. We focus on getting in touch with each person's distinctive communication style, and building upon their strengths in a completely safe and supportive environment. These core techniques and principles are developed and then fostered through all Mary Mayotte + Associates/Speech Fitness® programs.

Our Clients

Here is what some of our clients had to say...

"Mary Mayotte is simply the best. Look no further."

Charla Krupp, Former Editor SHOP Etc. Magazine, InStyle Magazine, Glamour Magazine, Contributing Editor/Today Show regular

"Thank you for your great presentation! Few things in life are life-changing events — I believe you made a difference in mine."

F. Suarez, Spokesperson, Dr. Scholls

"The training that I received under your direction is definitely one of the highlights of this past year!" D. Zapotocky Rizzi, Rizco, Formerly with Porter Novelli, Public Relations

The Time to Train is NOW!
Contact us at 303.321.8935 | info@speechfitness.com
Visit us on the web www.speechfitness.com



SFI-Inspiring Expert Communicators

If That's Not Enough...

We recently launched The Speech Fitness Institute® (SFI) (Summer 2003). SFI is a customizable, executive/corporate retreat and sales meeting program blending a sports/performance-based approach with time-tested leadership training and team building techniques, centered around high-stakes communications situations--all set in an "outdoorsy" back to nature environment. The Speech Fitness Institute® seeks out the most renowned retreat locations which master a delicate balance between roughing it and the Ritz Carlton. Our Institutes are designed for locale such as Beaver Creek and Fraser Colorado, or can be translated for your meeting venue of choice.

THE TIME TO TRAIN – IS NOW!!

Start the Journey

F-/e-x the Mind

Ignite Results!!

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