



Patricia Stark

Speaker, Author, Coach & Trainer, Calmfidence® Expert



It's Patricia Stark's passion to help people communicate with a calm confidence inside and out. Patricia brings her years of experience as a veteran broadcaster (WABC, Fox, PBS), as well as a SAG/AFTRA on-camera and voice over talent for over 2 decades to her coaching and training strategies. Her book - ***Calmfidence: How to Trust Yourself, Tame Your Inner Critic, and Shine in Any Spotlight*** brings wisdom and lessons she and over 1000 clients and students have learned along the journey.

As President of Patricia Stark Communications and Calmfidence® Workshops she provides Personal & Professional Development coaching and training focusing on public speaking, media training, leadership, talent development, body language, emotional intelligence, stress & anxiety relief, and peak performance.

Clients include: ESPN, Smithsonian, Amazon, BET, Turner Broadcasting, CBS, OWN, NASCAR, Conde Nast, Hoover, Quaker Oats, KPMG, American Medical Association, Prevention Magazine, Discovery Channel, Martha Stewart Omnimedia, Novartis, The Shark Group, Dow Jones, Hearst Health, Fordham and Harvard.

A Health & Wellness Anchor, TV & Radio Host, Patricia has also been a featured actor on Law & Order and as a performer in national commercial campaigns.

Website

PatriciaStark.com

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"Patricia's presentation was dynamic, informative, and met with universal acclaim by our participants, with many expressing their appreciation and providing feedback on the power of her positive message, and her professionalism and elegance in presentation. I would warmly welcome Patricia back any time."

- John Malfitano, Onward to Opportunity Program Institute for Veterans & Military Families



Patricia holds Certificates in Eclectic Cognitive Behavior Therapy, Visualization & Guided Imagery Counseling, and Executive Coaching & Positive Psychology.

She is a Certified Body Language Trainer, member of the National Speakers Association, and the Screen Actors Guild / American Federation of Television & Radio Artists.



Keynotes, Seminars, Workshops, Lunch & Learn Topics Include:

- Calmfidence: How to Trust Yourself, Tame Your Inner Critic and Shine in Any Spotlight
- Communicating with Calmfidence® - Communication & Interpersonal Skills
- Public Speaking Calmfidence®
- Managing Stress, Anxiety & Burnout with Calmfidence®
- Body Language Calmfidence®
- Emotional Intelligence Calmfidence®
- Resilient Calmfidence® - Handling Set-backs with Grit, Passion, Persistence & Purpose
- Self-Care Calmfidence®
- Women's Leadership Calmfidence®, Leadership Calmfidence®
- Team Building Calmfidence®
- Optimistic Calmfidence® - Positive Psychology Strategies for Success in the Workplace
- Happy Calmfidence - Cultivating Happiness & Positive Emotion in the Workplace
- Natural Calmfidence® - Natural Remedies & Exercises to Combat Stress and Anxiety
- Calmfidence® Boosters & Calmfidence® Killers
- Courageous Calmfidence® Reaching Your Goals
- The Voice of Calmfidence® Finding Your Dynamic Voice Inside & Out
- Sticky Situation Calmfidence® Handling Difficult People & Difficult Situations
- Calmfidence® for Teens: Self-Esteem & Self-Care. Public Speaking Calmfidence® Teens
- Calmfidence® for Kids - Communication & Public Speaking Skills
- Lights, Camera, *Virtual* Calmfidence® - Are You Ready for Your Close-Up?
- Lights, Camera, Calmfidence® Media Training
- Calmfidence® & Calm-tails - Fun & Relaxing Recipes with and without alcohol



Contact: Patricia@PatriciaStark.com