

FREE DELIVERY



story, hosting, and performance services

There you are on stage basking in professional lighting, or in a conference room basking in Fluorescent lighting — and you are **SLAYING** — everyone is rapt by your mere presence. You feel good. Fizzy. Peppery. Your warmth and comfort with yourself and your audience is obvious. Your vibe is making your audience feel also warm, relaxed, alert to wonder. Your voice and words resonate emotionally and perfectly bounce off the stage walls or whiteboards to the delight of all around.....

Oh, wait. Is this not how it goes for you?

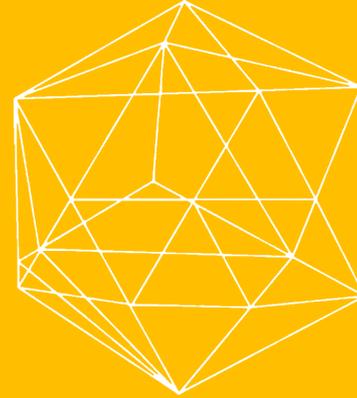
Hi. We see you. We get it. And whether you have a love/hate, hate/love, hate/hate, or love/love experience with standing in front of people (or sitting or leaning) and talking we're here to get you to your best place possible.

We'll finally answer the burning and common question, "What do I do with my hands when I'm talking!"



But seriously, we will help address feelings of stress and dread, work with you to craft and connect to the words you're speaking, and teach you the mechanics of stage presence so you can be the most effective and engaging version of yourself, whether you plan on being in front of 1, 2 or 2,000 people.

**We won't teach you to be a cornball.
We believe that comedy rises up from
what you are saying, it is not forced or
spackled on top.**



We treat you as an individual. You are at the center, creating the world of whatever you are saying.

What we're saying is there are rules *just for you and your success!* We help you find them and put them into practice.

Plus we're great at working with speeches loaded down with complex ideas, multiple threads, or words you'd never say or don't want to say.

We give them a beating heart and a clean and easy-to-follow through-line, and we make them words you DO want to say.



We sit down and talk with you. We reorganize and rewrite with you. We find out the most salient points you and/or your team(s) want to make. We identify and create new habits to take from room to room, speech to speech.

Simply put, we make you and your words something people actually want to listen to. And — just as important — something you are excited to speak.

We are Free Delivery.
More specifically we are Mindy and Frayn.

Combined we have performed in front of over 200,000 people; crafted and coached over 500 stories and speeches for stage and radio; produced events at bars and theatres and museums from Portland Center Stage to The Getty Center; plus there was one baton act.

And we'd like to bring our years of experience in creative writing, storytelling, improv, and performance to help you get more free, express yourself and your work at the highest level, and actually enjoy the process.

**Want to talk about how we might work together?
Contact us by email to introduce yourself and set
up a free initial phone call or coffee/tea meeting,
or just use our online scheduler:**

mindy@freedelivery.life

<https://freedelivery.life/contact/>

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Thank you!