

## QUICK START GUIDE

Congratulations on exploring the first step in the innovative and budget-friendly accent modification program designed by Joe Comeau, speech-language pathologist and creator of MySpeechCoach.com.

To get the most value out of Audio Correspondence Coaching, you will need to download two web-based tools:

- **Audacity**,  
and
- **Dropbox**.

**Audacity** is a free recording program.

**Dropbox** creates a new folder on your desktop that can be shared among two (or more) individuals using different computers. We will use it to share the audio files you create with Audacity.

### STEP 1: DOWNLOAD AUDACITY

**Audacity** is free. It is also safe. And, it works on Windows and Mac systems.

Download it now at:

<http://audacity.sourceforge.net/download/>

Follow the links that are appropriate for your system. Look for the **Audacity installer**.

**Step 1B:** After you download and install Audacity, go back to the Windows or Mac download page again and download the **Lame MP3 Encoder** file, too. You must save this file on your computer to turn your files into MP3 format.

Note: You may use another recording of your choice, including smart phone apps, *if you can save those files in MP3 or WAV format on your computer.*



### STEP 2: DOWNLOAD DROPBOX

**Dropbox** is also free. And safe. And available for Mac and Windows systems.

The website <https://www.dropbox.com/> has excellent and simple instructions for getting Dropbox working on your computer.

When you're done, you should have a **Dropbox** folder on your desktop. No additional setup is necessary after that.

#### QUESTIONS?

Send an email to [joe@myspeechcoach.com](mailto:joe@myspeechcoach.com), indicating which of these steps is giving you trouble.

### STEP 3: RECORD YOUR INITIAL ASSESSMENT SAMPLE

This step is easy. You'll use your computer's microphone to record a series of speech tasks. You will **not** need Audacity or Dropbox to complete this step. You'll be using those tools later in your course.

The link below will take you to the assessment page for the **Compton PESL Online Assessment**. This is the scoring and analysis tool your instructor will use to design your customized set of coaching sessions and your Before-and-After comparison recordings.

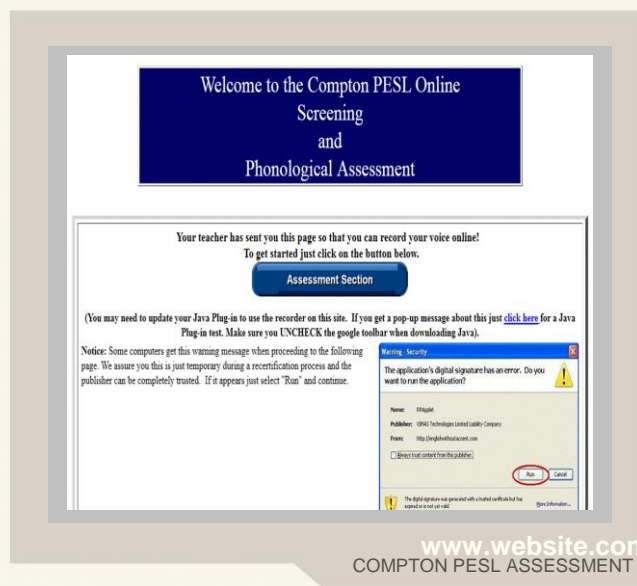
Here's the link: <http://bit.ly/ntqtmY>

Once you complete the assessment recordings, they will be automatically submitted for review. Your instructor will listen to and analyze your recordings for the patterns that are causing your speech to sound noticeably accented. Payment of your invoice will then be requested (via email) to begin your personalized correspondence coaching course.

**You'll receive an invoice via email from Capital Speech Consultants (CSC). Within 5 business days of receipt of your payment, you'll receive your first Practice-Progress guide.**

Each Practice-Progress guide will require you to record a specific speaking task. Complete the task, choose your own accuracy criteria level, and your instructor will then send your next report. You'll advance to a new task each time you reach the indicated accuracy level. (Instructions in each Practice-Progress report will make all of this very clear.)

Your investment provides you with up to 12 weeks of correspondence coaching, beginning on the day you are sent your first Practice-Progress guide.



## Details, Disclaimer and Other Fine Print

Total Cost for the 12-Week Audio Correspondence Accent Coaching Course: **US \$97.00**

Following receipt of payment and initial analysis recording, you will receive one audio recording consisting of 15-30 minutes of guided instruction and coaching that is specifically relevant to your speaking style and accent patterns. The recording will be accompanied by a printable worksheet containing additional instructions and materials. The recording and the worksheet will guide you in the completion of your assignment.

After you complete and submit your assignment, it will be analyzed, judged or scored. This scoring process will drive the momentum of your course.

You'll be asked to select your own personal success criteria point: the score which you **MUST** reach to advance to the next lesson in the course. **The success criteria choices are: 50%, 75%, or 90%.**

With a success criteria level of 50%, you are more likely to advance through the course and be introduced to new assignments at a quicker rate.

At 75 to 90%, you may not advance as quickly, but you will progress with a greater deal of accuracy and control.

At any level, you will receive the same quality of instruction, guidance and support in achieving more accurate and easy-to-understand American English speaking skills.

Your assignments will be judged for pronunciation accuracy. The speech sounds you produce and the intonation or rhythm of your speech will be judged by your course instructor. If you receive a score higher than your chosen criteria level, you will advance to the next assignment. If you score lower than your chosen criteria level, you will be asked to repeat the assignment and you will be given additional support and assistance to help raise your score.

Following 3 attempts at the same assignment, you will be given the option to move on.

There are 10 assignments in the course.

This process will continue for the duration of your course – 12 weeks. If you achieve the success criteria for all 10 assignments within the 12 weeks, you'll receive 2 additional weeks of continued support and coaching to help continue your development of clearer, more accurate, and more powerful sounding American English speaking skills. Your course ends after 12 weeks.

Your improvement is not guaranteed. Although most individuals make significant improvements with the assistance of an accent/speech instructor, your improvement and progress will have a direct relationship with the amount of time you commit to practicing and repeating the exercises.

Successful completion of at least 7 assignments will indicate you have addressed at least 50% of the errors and patterns that were contributing to the accented qualities of your speech when you received your first (initial) analysis.

**IMPORTANT:** Your assignments will be always be judged and scored with the goal of moving you ahead, advancing your skill set, and giving you confidence to persistently and consistently improve. There is no benefit to Capital Speech Consultants in holding a student back, providing false scores, or extending your participation in the course longer than necessary. **Your success will benefit both parties, and you will always have the option to opt out with a full refund. If at any time during the 12-week course you choose to opt out for any reason, simply notify your instructor ([joe@myspeechcoach.com](mailto:joe@myspeechcoach.com)) to receive a full refund within 30 days – no questions asked.**

Truly looking forward to your success,  
Joe Comeau, M.S., CCC-SLP

Now it's time to return to the link on Page 2 (<http://bit.ly/ntgtmY>) and submit your recording. A payment invoice will follow and your personal coaching and improvement journey will begin!

