



Competition Name: Speaking Voices Day 200 Social Media Giveaway

Promoter: Speaking Voices (Emily Lee)

Prize: Three months of 1:1 online communication coaching

1. Promoter

The giveaway is organised by **Speaking Voices**, operated by Emily Lee (“the Promoter”).

2. Eligibility

1. The giveaway is open to participants aged **18 years or over**.
2. The giveaway is open to participants worldwide, provided they are able to attend online coaching sessions.
3. Employees, contractors, and immediate family members of the Promoter are not eligible to enter.
4. No purchase is necessary to enter.

3. Giveaway Period

1. The giveaway opens on **19th July 2026** and closes on **26th July**.
2. Entries received after the closing date will not be accepted.
3. The winner will be selected and announced at the end of August, **31st August 2026**.

4. How to Enter

To enter the giveaway, participants must:

- Like the giveaway post.
- Follow the Speaking Voices account.
- Share or repost the giveaway post.
- Enter via one of the following platforms:
 - Instagram
 - TikTok
 - YouTube
 - LinkedIn

Only valid entries meeting all requirements will be considered. Participants may enter once per platform unless otherwise stated. Each platform counts as one entry.

The Promoter reserves the right to disqualify entries that are incomplete, fraudulent, or do not meet the entry requirements.

5. Winner Selection

1. One winner will be selected at random from all valid entries.
2. The winner will be contacted via the social media platform used to enter.
3. The winner must respond within **7 days** of being contacted to claim the prize.



4. If the winner does not respond within this timeframe, the Promoter reserves the right to select an alternative winner.

6. The Prize

The winner will receive:

- **Three (3) online 1:1 coaching sessions**
- Each session will last **60 minutes**
- Coaching will be delivered by Emily Lee from Speaking Voices.
- The prize has an approximate value of **£500+**.

The coaching sessions may cover areas including:

- Public speaking confidence
- Presentation skills
- Communication skills
- Voice coaching
- Pronunciation and accent coaching
- Interview preparation
- Other agreed communication goals

The coaching programme will be tailored to the winner's individual needs and goals.

7. Booking and Availability

1. Coaching sessions must be booked in advance and are subject to the availability of the Promoter.
2. The winner must complete all three sessions within **three months from the date of their first coaching session**.
3. Sessions cannot be exchanged for alternative services.
4. The prize cannot be transferred to another person.
5. The prize cannot be exchanged for cash or any monetary alternative.

8. Cancellation and Missed Sessions

1. The winner must provide at least **48 hours' notice** if they need to reschedule a session.
2. Missed sessions or cancellations made with less than 48 hours' notice may result in the session being forfeited.
3. The Promoter reserves the right to withdraw the prize if the winner repeatedly fails to attend scheduled sessions.



9. Coaching Disclaimer

1. Speaking Voices provides coaching, guidance and resources designed to support communication development.
2. The Promoter does not guarantee specific results, outcomes, career opportunities, promotions, public speaking success, or personal transformation as a result of participating in coaching.
3. Results vary depending on individual effort, circumstances and commitment.

10. Publicity

1. With the winner's permission, Speaking Voices may share the winner's name, announcement and/or feedback about their coaching experience on social media, websites or marketing materials.
2. The winner is required to provide testimonials or promotional content in order to claim the prize.

11. Personal Information

1. Personal information provided during the giveaway will only be used for the purposes of administering the giveaway and contacting the winner.
2. Personal information will be handled in accordance with the Speaking Voices Privacy Policy.
3. Entrants may choose to subscribe to Speaking Voices communications separately where applicable.

12. Social Media Disclaimer

This giveaway is not sponsored, endorsed, administered by, or associated with Instagram, TikTok, YouTube, LinkedIn, or any other social media platform.

Participants release these platforms from any responsibility relating to this giveaway.

13. General Conditions

1. The Promoter reserves the right to amend, suspend or cancel the giveaway if circumstances beyond its control make this necessary.
2. The Promoter reserves the right to disqualify any participant who breaches these Terms & Conditions or attempts to manipulate the giveaway process.
3. The Promoter's decision regarding any aspect of the giveaway is final.
4. These Terms & Conditions are governed by the laws of England and Wales.