

Presenting with Confidence

Aim

It really doesn't matter what you do for a living any more, as the ability to be a confident presenter is increasingly an expectation within any job role. However, speaking in public consistently tops the "most feared" list when people are surveyed so you are not alone if you lack confidence in this area and want to join this course to do something about it!

Delegates report that their nerves are totally dissipated by mid morning and the confidence that they gain from attending this course has a positive impact in all aspects of their life.

Target Group

Individuals whose work requires them to occasionally address small groups or meetings. Those who need to present professionally to internal or external audiences, or those who lack confidence in public speaking and would like to deal with their nerves.

Times

9.30 – 5.00pm

Course Content

By the end of the course delegates will be able to:

- Control anxiety and feel more at ease in front of an audience.
- Project their delivery by using proven vocal techniques.
- Understand the impact of body language on communication, and increase professionalism through appropriate non-verbal means.
- Use appropriate visual aids effectively

Training Methods

This course is highly participative and delegates are given lots of opportunity to practise the techniques in a safe environment. Delegates receive instant feedback in a relaxed situation to improve performance and confidence and report significant improvement in confidence and skill as a result of this day.

Prices are inclusive all materials (certificates and handouts), lunches and refreshments.

Advance Change
organisational development consultancy

in association with Impact Training