

Conquering Your Fear Of Speaking In Public

COURSE OVERVIEW

Do you get nervous when presenting at company meetings? Do you find it hard to make conversation at gatherings and social events? Do you lock up in awkward social situations? If so, this one day workshop is just for you!

It's aimed at anybody who wants to improve their speaking skills in informal situations. We'll give you the confidence and the skills to interact with others, to speak in informal situations, and to present in front of small groups.

KEY SUBJECT AREAS

- Good communication skills.
- Interpersonal skills.
- Getting comfortable in conversation.
- Practicing dialogue.
- Redesigning yourself for strength.
- Professionalism.
- Maximising meetings.
- Sticky situations.
- Controlling nervousness.

LEARNING OUTCOMES

- Speak with more confidence in one-on-one conversations.
- Feel more confident speaking socially or small groups such as meetings.
- Practice developing these skills in a safe and supportive setting.

Learn new writing skills and apply them to your business communication.

Duration: 1 Day

Unique features

The Conquering Your Fear Of Speaking In Public Workshop is designed to meet current market trends.

- Professional facilitators use the most up to date accelerated learning techniques.
- An interactive, relaxed atmosphere with real world examples.
- Modern presentation methods using audio and visual presentations.

Who should attend?

Anyone who is a nervous or reluctant public speaker who would like to be able to speak or present to an audience with confidence.

Includes...

- Resource material & workbook.
- Training 101 Certificate

Contact us for more information
or to register on a workshop:

P: 0800 801 233