

# Public Speaking Under Pressure

## COURSE OVERVIEW

Speaking under pressure, or thinking on your feet, means being able to quickly organise your thoughts and ideas, and then being able to convey them meaningfully to your audience to modify their attitudes or behaviour. It applies to formal speeches as well as everyday business situations.

This two-day course is aimed at improving your skills and learning some new techniques which will give you the persuasive edge when you are making a presentation, fielding difficult questions, or presenting complex information.

### KEY SUBJECT AREAS

- Getting started and planning.
- Force field analysis.
- Understanding your audience.
- Controlling your jitters and body language.
- Making your listener hear you.
- Key themes and sentences.
- Structuring ideas and organisation methods.
- Beginnings and endings.
- Expanding a basic plan.
- Many opportunities to practice and present.

### LEARNING OUTCOMES

- Apply quick and easy preparation methods that will work whether you have one minute or one week to prepare.
- Prepare for questions, even before you know what those questions will be.
- Overcome nervousness that you may have when speaking in front of a group, particularly if the group is not sympathetic to what you have to say.
- Use presentation techniques that establish your credibility and get people on your side.

*Learn how to prepare yourself for difficult or more complex presentations.*

*Duration: 2 Days*

### *Unique features*

The Public Speaking Under Pressure 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 required to speak in front of audiences that are hostile or demanding, or those who are relatively new speakers who require encouragement to speak in public.

### *Includes...*

- Resource material & workbook.
- Training 101 Certificate

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

**P: 0800 801 233**