

How to be confident and enjoy public speaking

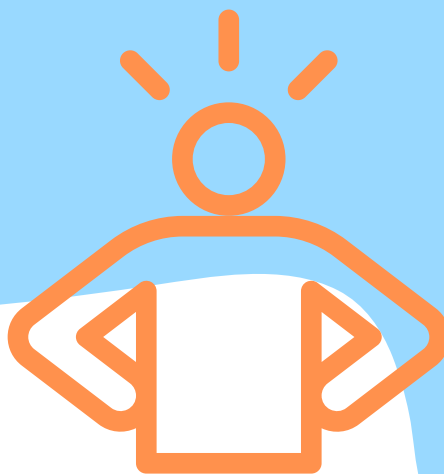


This training is for anyone who wants to put a spark of fun into the often daunting task of public speaking.

Learn tips and tricks to make the preparation and delivery of a talk whether in person or on camera more enjoyable - and with an extra kick of confidence!

With a real mix of techniques from stand up comedy, academic presentations, children's TV presenting and more... this training will get you thinking of new ways to make your presentations.

Stand out AND have fun in your next pitch in a meeting, academic presentation or a social media video!



Example Half Day Workshop

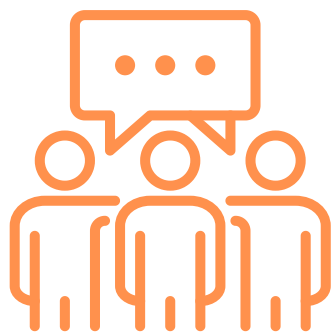
- 9:00-11:00
- Introductions
 - Talk through style of presentations for different events
 - Tips on how to present more confidently and find your own style
- 11:00-11:15 Break
- 11:15 - 11:45
- Trainees practice techniques and exercises
- 11:45-12:30
- Individual and group feedback
 - Questions



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Example Full Day Workshop

- 9:00-11:30
- Introduction
 - Discussion around each trainees fears and past experiences
 - Talk through style of presentations for different events
 - Tips on how to present more confidently and find your own style
 - Tips on how to present more confidently
 - Confidence building exercises
- 11:30 - 11:45
- Break
- 11:45 -12:30
- Tips on overcoming fears
 - How to make the whole experience more enjoyable
 - Presentation exercises
- 12:30-13:30
- Lunch
- 14:00-16:00
- Individual presentations and feedback to each person
 - Group discussion around what can be done behind the scenes to make it more enjoyable experience for all
- 16:00-16:30
- Questions



This training can also be tailored to be linked for a specific event or competition (e.g. upcoming conference, 3-Minute Thesis Competition) where I can provide advice and specific feedback for that event.