



Speaking with Impact and Presence

Duration: 1 Day
Accreditation: ILM

Accreditation

This workshop is not currently accredited, however a certificate of attendance can be provided for C.P.D purposes.

Introduction/Summary

Speaking in public, whether it is to a large audience or small group, can be extremely powerful and rewarding way to get a message across. Despite this, many people listen to their self limiting beliefs and either speak reluctantly or avoid the experience altogether.

Content

The workshop aims to cover the following content:

- Developing your own presence
- How to deliver "short, sharp" speeches
- Tips for getting a message across in a clear, concise and memorable manner.
- Tools and techniques to increase your comfort and confidence both before and during your speech, including:
 - managing nerves
 - relaxation and
 - controlled, clear delivery.

This workshop can be delivered at our dedicated training centre in Basildon or tailored to meet your needs and delivered at your own premises.

Requirements/Pre Requisites

There are no pre-requisites for this course.