

# Presentations and Public Speaking

*"There are certain things in which mediocrity is not to be endured, such as poetry, music, painting and public speaking"*

Jean de la Bruyere (French satiric moralist, 1645-1696)



## The problem

In any performance, presentation is more than half the battle. Research shows that 55% of the power of any communication is based on how you look, 38% on how you sound, and only 7% on what you actually say.

## The solution

In this programme, you explore and discover your own unique presentation style, and learn how to overcome any nerves. In a highly practical programme, you will use techniques from many sources including the theatre and NLP to gain insight into the dynamics between the presenter and the audience, enabling you to make really effective presentations.

## The benefits

- Overcome stage-fright, and make it work for you
- Design and deliver compelling presentations, which engage your audience
- Develop your own natural style
- A 3-point programme for delivering the best possible presentations
- Personalised feedback on your presentational style, voice and question-handling
- Many additional hints, tips and techniques to take away with you.

## What will the course cover?

By the end of the training you will know how to:

- Plan and prepare compelling presentations, tailored to your audience's needs
- Understand the causes and effects of stage-fright, and how to control them
- Win rapport with your audience before you even say a word
- Present a professional image
- Use powerful verbal and non-verbal communication
- Handle audience questions effectively
- Use your voice effectively for interest, pace and variety
- Stage-manage your presentation for maximum impact.

## Who should attend?

This course is aimed at people from all disciplines who need to present to groups, or speak in public.

If you need to prepare and deliver presentations, and would like to develop and receive feedback on your presentational style, then this course is for you.

If you suffer from stage-fright, then also ask us about our additional 2-hour personal coaching session: "Overcoming Stage-Fright".

*"Brilliant. I'm going to make such a huge impact in future!"*

Carole Chapman – SEPA

*"I felt the course was very valuable and have learnt some very useful skills and tips."*

Paul Bridges – Ainsbury

*"The proof of the pudding is in the eating. I addressed Congress on an emergency motion today. The speech was blistering."*

Mike Brider – Unite, the Union

**Course duration:** 2 days

**Public Course Price:** £595 plus VAT

This course is also available as a tailored in-house course. Prices are available upon application

For more information, please contact:

Madeleine Allen  
Allen Training Associates  
One St. Colme Street  
Edinburgh  
EH3 6AA

0845 094 2490

[madeleine@allentraining.co.uk](mailto:madeleine@allentraining.co.uk)  
[www.allentraining.co.uk](http://www.allentraining.co.uk)