

Speaking with Impact and Presence

Duration: 1 day

Speaking in public, whether it is to a large audience or small group, can be an 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.

During this workshop you will have the opportunity to develop your presence and deliver "short, sharp" speeches that get a message across in a clear, concise and memorable manner. You will experience using a series of tools and techniques to increase your comfort and confidence both before and during your speech, including managing nerves, relaxation and controlled, clear delivery.

Pre requisites

There are no prerequisites for this course