

Fearless Public Speaking: How to Deal With Anxiety and Build Your Confidence



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Do you find presenting nerve-wracking?

Does even the thought of giving a talk or running a workshop make you want to hide? And you do wish you could overcome your anxieties and learn how to showcase your knowledge, influence people and accelerate your career?

If you answered 'yes' to any of these questions, then this workshop is for you.

Our "Fearless Public Speaking: How to Deal With Anxiety and Build Your Confidence" workshop will help you discover how to become a confident, clear and influential presenter every time.

You will learn how to build a clear, simple, and reliable structure which will ensure you engage your audiences, build rapport and get your message across. You'll also learn the psychological methods and techniques that will help you become a confident, assured presenter. You'll understand how to prepare and deliver presentations, how to deal with questions and how to stand out from the competition.

This course is run on a bespoke basis, giving you the opportunity to tailor the course to your exact requirements. To provide a starting point, we'd recommend you use the suggested course outline as a guide only.

The course runs from 9.30 am to approximately 4.30 pm.

Duration: 1 day.

Course Content

What is a presentation

How to reframe any challenge

Mental preparation

The physiology of stress

Conditioning

Breathing techniques

Voice manipulation

Organising your ideas

Presentation design

Slide design

Handouts and other materials

Stage presentation

Posture and movement

Action Plan

Summary and Conclusions

"A highly professional company run by knowledgeable, friendly people"

