

PRESENTING WITH CONFIDENCE

This is a practical workshop aimed at building confidence and skill in presenting to others. It involves delegates presenting material themselves in a 'safe environment' so we can identify strengths for individuals to build on and identify things that might get in the way of their personal impact.

The workshop also looks at presentation content development, understanding audience needs and body language, including managing nerves if appropriate.

It is suitable for those new to presenting and more experienced presenters who want a reminder of good practice and to fine tune their skills.

The group numbers are kept small (a maximum number of 4) to allow sufficient time for delegates to present and for individual feedback to be given. This is also particularly helpful for anxious presenters.

On completing the workshop you will be able to:

- Focus your presentation content on the needs of your audience
- Give appropriate structure to the presentation content
- Build on your individual strengths as a presenter
- Use your body language to have better impact
- Understand what might be getting in the way of you having the right impact
- Feel more confident about presenting

Format One-day workshop, face-to-face. Not suitable for virtual delivery.

Who should attend? Anyone who needs to present on a regular basis, internally or externally. Suitable for new or experienced presenters.

Maximum number of delegates 4