



The Reluctant Presenter

Overcome your fears and learn to present with confidence

Facilitator's Name: Gavin Meikle

Overview

Presentations and public speaking are many people's number one fear. Yet we all know that this is a vital communication skill that will enhance your effectiveness and career prospect. This practical, interactive workshop is designed to help you tame your fears and become a confident and polished presenter. You will have the opportunity to learn and practise the delivery secrets of the world's best presenters.

NB Your practice presentations will be recorded into DVD and you will receive a copy to review at your leisure.

Objectives

In this workshop you will learn:

- How to access a confident presenter state quickly, prior to commencing your delivery
- How to recognise and use body language secrets that will enhance your "status" and credibility with your audience
- How to engage your audience and influence them in a positive and congruent manner
- How to better use the power of your voice to reinforce your message

Programme

9.00 - 9.30 Registration

9.30 - 11.00

Harnessing your nervous energy and accessing your own powerful presenter state

- Practice Presentation 1 plus feedback - Introducing yourself
- Harnessing nervous energy
- Using physiology and visualisation to access the presenter state

11.00 - 11.20 Tea/coffee

11.20 - 12.50

Engaging your audience using non-verbal behaviour

- Walk ons - your presentation starts before you open your mouth
- Posture & Gesture - how to stand and what to do with your hands
- Eye Contact - how much, how long, the benefits are great
- Status Cues - how to present with credibility and authority



12.50 - 1.50 Lunch

1.50 - 3.10

Voice and Visuals

- Practical tips for eliminating bad vocal habits
- vocal variety exercises to develop your range and power
- Dos and don'ts for creating powerful visual aids and avoiding "death by PowerPoint."

3.10 - 3.30 Tea/coffee

3.30 - 4.30

Putting it into practice

- Second recorded practice presentation
- Individual and group feedback
- Summary of the day and evaluation

Who should attend

This workshop is aimed at anyone who feels the need to be a more effective presenter and public speaker. It is particularly beneficial for anyone who has to sell products, services and concepts to external or internal clients. Managers will find it will enhance their abilities to communicate with their teams as well as with clients and senior management. Whether you are a novice speaker who needs to learn the basics or an experienced speaker who needs to polish up your existing skills, this is the workshop for you.

Facilitator's details

Following a successful career in a multi-national pharmaceutical company in sales, sales training and sales management, Gavin has been operating as a freelance training consultant and speaker for the last 9 years. He is a qualified trainer and consultant in Neuro Linguistic Programming (NLP) and also practises as an influencing coach. He has run courses internationally and is a sought after motivational speaker.



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