

Public Speaking Without Fear

The **aim** of this workshop is to help you **look at, and overcome, any fears you may have, and to be able to speak with some confidence, comfort and personal style.**

If you dislike or have a fear of speaking in public, take heart, you are not alone. Thousands of **outwardly capable and confident people feel very uncomfortable** at the thought of **having to speak to, and work in front of people without problem** and enjoy it.

Every person is different, and every situation is different, so you must make your own decision as to what suits you and your own judgement as to how you apply yourself to differing situations.

Don't worry about being shy or nervous or making mistakes, we won't laugh at you but we are happy to laugh with you. **Fun and laughter are part of the learning process.**

Everything you do as part of the workshop not only helps you, it helps everyone in the group so your input and efforts are a vital part.

You will find that **speaking in public can be a lot easier than you may imagine.** It can be very rewarding and fun. As you develop your confidence and style you may find yourself wanting to do it more and more.

Go for it, there is no such thing as failure, only degrees of success.

Objectives

Place the first, but very important, **stepping-stones in developing your speaking ability**

Audience

This course is designed for **anyone who is required to speak in public.**

Duration

This is **one day Public Speaking Without Fear** course. The course starts at **09:30** and runs until **16:30**. **Alternate timings** can be arranged upon request. The course can be held on a **date that suits you.**

Location

Our **Public Speaking Without Fear** course can be run at **our training venue near Liverpool Street (London)** or any preferred location in the **UK or Europe.**

Public Speaking Without Fear Course Outline

Introduction

Creatures of habit

Fear

Confidence

The change tools

Relaxation exercise

The slower way

Quick relaxation

The “don’t look back” technique

Imagination and creative visualisation

The deliberate use of emotion

Your natural learning process – the slow method

Your natural learning process – the quick method

The voice

Image

Body language

Developing rapport

Developing your style

Being informed

Giving structured speech

Giving the impromptu speech

Dealing with the unexpected