

Conquering the Fear of Speaking in Public



Do you get nervous when presenting at company meetings?
Do you find it hard to make conversation at gatherings and social events?
Do you lock up in awkward social situations?
If so, **this one day workshop** is just for you! It's aimed at anybody who wants to improve their speaking skills. We'll give you the confidence and the skills to interact with others and to speak in informal situations and in front of small groups.

How You Will Benefit

At the end of the workshop you will be able to:

- Enhance the ability to speak one-on-one with others
- Feel more confident speaking socially or in small groups such as meetings
- Practice developing these skills in a safe and supportive setting

What's Included?

- Instruction by an expert facilitator
- Small interactive classes
- Specialised manual and course materials

What You Will Cover

- Good communication skills
- Barriers to communication
- The skill of interactive listening
- Interpersonal skills
- Self-disclosure
- The art of conversation
- Re-designing yourself for strength
- Professionalism
- Fifteen ways to master a meeting
- Sticky situations
- Controlling physical & mental nervousness

YES! Enrol me now!

REGISTRATION FORM

Conquering the Fear of Speaking in Public

Participant's name:	_____	Position:	_____
Organisation:	_____		
Work Address:	_____		
Phone:	_____	Email:	_____
Credit card type: MasterCard / Visa Only			
Name on card:	_____	Amount:	_____
Credit Card Number	_____	Expiry Date	_____
Signature	_____		

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