



Public Speaking with Impact

Whether you speak professionally, in your job or in the comfort of your home or in a group of friends, you want people to listen. You want to be heard; you want to influence other people to your point of view.

Some people seem to have a natural skill when it comes to public speaking. You too can develop this powerful skill.

The Public Speaking with Impact workshop is designed to build your confidence and enable you to speak with clarity, conviction and impact so that you can actually start to enjoy public speaking. If you want to return to work and hone your skills, or you want to engage more in your children's school or in your local charity, or develop the confidence in a male-dominated environment - this workshop is also for you. It is an entry level workshop.

This **one-day workshop** will be delivered by Zoryna O'Donnell, MBA, FInstLM - an experienced trainer, coach, mentor and a Master Practitioner of Neuro-Linguistic Programming (NLP).

The workshop will cover the following key elements:

- ✓ Dealing with nerves and stress when speaking in public
- ✓ Establishing credibility and creating and maintaining a group rapport
- ✓ Understanding your audience and utilising its unconscious desires
- ✓ Uncovering the secrets of charismatic speakers
- ✓ Designing powerful speeches and presentations
- ✓ Using space and your physiology to increase the quality of your message
- ✓ Introducing stories and metaphors to connect with the unconscious minds of your listeners
- ✓ Building motivation, curiosity, openness and enthusiasm in your audience
- ✓ Answering difficult questions and handling difficult people
- ✓ Projecting your personality so that people really experience who you are

The workshop will equip you with core skills needed to prepare and deliver an outstanding speech or presentation, including techniques for managing your state, using your voice and physiology to convey the messages that resonate and make deep connections with your audience. You will learn a number of tools and strategies to become a more effective communicator.

Breakthrough Skills Programme™ for Women Discounted Fee - £60+VAT per person.

Standard Fee: £199+VAT per person for open access workshops.

Contact us for information about the dates and venues and to book your place:

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