

Conquering Your 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 in informal situations. We'll give you the confidence and the skills to interact with others, to speak in informal situations, and to present in front of small groups.

What Will Students Learn?

- ✓ Speak with more confidence in one-on-one conversations
- ✓ Feel more confident speaking socially or small groups such as meetings
- ✓ Practice developing these skills in a safe and supportive setting

What Topics are Covered?

- ✓ Good communication skills
- ✓ Interpersonal skills
- ✓ Getting comfortable in conversation
- ✓ Practicing dialogue
- ✓ Redesigning yourself for strength
- ✓ Professionalism
- ✓ Maximizing meetings
- ✓ Sticky situations
- ✓ Controlling nervousness

What's Included?

- ✓ Instruction by an expert facilitator
- ✓ Small, interactive classes
- ✓ Specialized manual and course materials
- ✓ Personalized certificate of completion