



PERSONAL TRAINING 121

in Presentation & Public Speaking Skills

This training offers a personalised solution to your presentation and public speaking requirements, whether you:

- Need coaching for a special occasion
- Feel you could brush up your presenting, public speaking or communication skills
- Want to address a particular issue that is holding your presentation or performance back
- Simply would benefit from honest unbiased feedback on these skills

This personalised training solution shows you the tools ensure you are physically relaxed, emotionally and mentally prepared for your speaking opportunities.

Challenging, holistic and inspirational. The trainer looked at my breathing, posture, facial expressions and general movement, as well as helping me to finesse the content of the talk I was preparing. The end result of the training was to inspire me to perform better when training, presenting and lecturing.

Rachel Wood, Head of Knowledge Management, McGrigors LLP

Benefits

We will discuss your specific training needs and design training individually for you. Usually you will prepare a short, straightforward presentation in advance of your first session. Elements of the training can include:

- Relaxation and physical preparation/posture/body language including eye contact
- Breath control and development of sound
- Pitch and range/articulation/pace versus sound
- Establishing rapport with your audience/objectives when speaking
- Assessing the audience/how to energise and inspire listeners
- Projection and focus of delivery in different types and sizes of venue
- Presentation content & Structure /How to handle a written speech and make your material come alive

We recommend you start by considering two 2-hour sessions

First session – we identify what you need and set exercises to help release your voice and imagination

Second session – we reinforce good practice learned in the first session and practised between sessions and then assess your progress.

Course fee: £725 + VAT

voicebusiness uses specially adapted acting techniques for the business environment which are coupled with well-established disciplines such as NLP. The training is professional, friendly, and above all, effective. The activities are flexible and adapted to the individuals' needs on the day. Participants are fully supported with a high ratio of trainers to individuals and small class sizes.

We don't teach you your business – we teach you ours