



## Build your Foundation

Those who possess the courage and skill to effectively present information and ideas, also possess the power to effectively teach, educate, persuade and motivate others to quickly understand and take action.

## Opportunities to Influence

Opportunities to educate and influence others through presentations are ubiquitous. Marketing, sales, project management, strategic planning, change management, brand building, business and product development, operations management and client relations are just a few of the areas where effective presentations can make the difference.

This interactive program sets the foundation for creating informative and engaging presentations. You will practice creating an informative and persuasive presentation. Bring source material for constructing a five minute presentation.

## Sustainable Results:

- ❖ *Understand how to quickly overcome 'on stage' anxiety*
- ❖ *Discover your unique presentation style*
- ❖ *Learn techniques for creating high impact speeches and presentations*
- ❖ *Understand how to use your body and voice to add power*
- ❖ *Learn a highly effective framework for rapid speech and presentation development*

## Understand how to quickly overcome 'on stage' anxiety

- Learn the facts about fear and anxiety
- Practice relaxation techniques that can be used before, during and after you speak

## Discover your unique presentation style

- We all have natural speaking strengths and weakness – discover yours
- Learn how to strengthen your weaker abilities and leverage your natural abilities

## Learn techniques for creating high impact speeches and presentations

- Learn how to grab and hold your audience with great opening and closing remarks
- Discover how to effectively use visual aids for different types of presentations
- Learn how to engage your audience and position your presentation
- Understand how to balance emotion and logic
- Discover how to motivate your audience and be more persuasive
- Learn how to structure the body of your presentation for maximum effect

## Understand how to use your body and voice to add power

- Receive video feedback regarding your stage presence
- Learn techniques for appropriate body positioning, hand gestures, eye contact and voice control for greater impact

## Learn a highly effective framework for rapid speech and presentation development

- Discover how much time an effective development framework can save