



## Speak Easy Conquering Your Fear of Public Speaking

The School of Leadership

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 and to speak in informal situations and in front of small groups.

### **How You Will Benefit**

- To enhance the ability to speak one-on-one with others.
- To develop the confidence to feel at ease, speaking socially or small groups such as meetings.
- To practice developing these skills in a safe and supportive setting

### **What You Will Cover**

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

### **What's Included?**

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

One day workshop

