

# PRESENTING AND PUBLIC SPEAKING WITH CONFIDENCE

**Confidently and effectively presenting work to others is a must-have skill in today's competitive and ever-changing environment, yet almost 3 out of 4 people feel anxious or afraid when speaking in front of others.**

It can be guaranteed at some point in someone's career, they will be asked to present their ideas in front of people. This could be during a team meeting with colleagues, at a networking event, or for higher management. No matter how intimidating speaking in front of others may be, confidently sharing your ideas is key to success.

This one-day program will help participants prepare and deliver formal, informal, virtual, and in-person presentations. They will learn best practices to present with impact and how to control any anxious or nervous feelings they experience.

Participants will be encouraged to bring a real-world example and be able to apply many of the program's concepts directly to their work.



## **Audience:**

Professionals at all levels in any industry who want to become effective presenters will benefit from this program.

## **Duration:**

This program consists of 1 session on 1 day.

## **Participants will walk away with these skills:**

- Customizing a presentation for various audiences
- Understanding the differences between presenting in person and virtually, and how to prepare and deliver both methods
- Recognizing the importance of practicing before delivering a presentation
- Identifying the best use of visual elements
- Knowing the importance of body language and non-verbal cues
- Saving a presentation if nerves or anxiety get in the way
- Responding to questions from your audience

**Cost: \$650 General Registration**

**Select Discounts Available**

**0.6 CEUs will be issued for this program**