## Public Speaking Workshop

### 1 day (6 hours)

**Course Outline**

### Description:

Public speaking is an art. Learn the basics for a successful presentation. A 6-hour course will help you understand the important techniques of presenting with confidence. Body Language is part and parcel of Public Speaking. Become aware of how to use your ‘Voice’ and other key elements to your advantage. Preparation is vital for any presentation so come along and discover the preliminaries that are needed for an outstanding delivery and your potential!

### Facilitator:

**Dorothy Psaila-Savona**

### Content

- Relaxation techniques
- Body Language – its importance
- Preparation of a topic – its objectives
- Impromptu speaking – its benefits
- Visuals re-enforce verbals

### Participant benefits:

- Ways to be relaxed at all times
- How to signpost to your audience
- Thinking on your feet with no hesitation
- Presenting with enthusiasm and authenticity
- Working the Speech, Speaker, Audience together
- Tips to present successfully