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Public Speaking made easy... Okay... less scary

We recommend this session to be a full-day workshop (6.5 hrs), where the afternoon is an interactive session including video taping of the participants making presenting to the group. It also includes an individual and private critique with the facilitator. Note: Two rooms are required for the afternoon session of the full-day workshop and the participants are limited to a maximum of 10. If this is a 3-hour workshop, then video taping is replaced by individual exercises.

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Participant's profile:

- Entrepreneurs or Professionals who must speak in public
- Non-Profit organizations who make funding requests to a group
- People who are interested in getting into the speaking business

Learning Objectives:

- Did you know that most people would rather die than speak in front of people? Now that is to the extreme. This fun session will guide people in how to calm their nerves and find that public speaking, and presenting ideas can be invigorating.

Participant's Value Received:

- It's a start. You won't be ready to be the keynote address at the World Olympics but you will be armed and ready with tools to begin speaking in public, and the motivation and confidence to get out there and do it!
- We recommend our ***"Presentations that Rock"*** Workshop as a follow-up to this session.

Outline:

1. Disturbing mannerisms & controlling nervousness
2. Top 6 speaking principles
3. Developing objectives, main ideas, openers, closers
 - a. Each with exercise
4. Supporting material is essential
5. The importance of transitions
 - a. Closing they will remember
6. Dealing with audience disruptions
7. Summary
8. Presentation Resources (Books and Web)



Interactive afternoon session: Participants will be asked to create a five minute speech that they will deliver to the other participants. This will be video taped. A personalized critic will take place with each participant while viewing the video tape. In another room, the remaining participants will work on their own to develop a one hour presentation template on their topic matter based on information gathered in the morning session.

"As always, I love Lynda's dynamic, fun, humorous presentations. I hope to do presentations as well as she does."

- Tannis Melvill-Oberten, Calgary