

SPEAKING WITH CONFIDENCE

COURSE DESCRIPTION

This workshop is for anyone who wants to improve their experience of speaking to groups – whether you want to have more impact, or simply be able to relax more when presenting.

Perhaps you already feel comfortable presenting and you'd like to strengthen your confidence - be more authentic or have more professional impact when you speak.

Or you may experience some form of anxiety when standing before and speaking to a group. This is more common than we think - many professional academics experience this, although they may have learnt not to show it. Without seeking to eliminate 'nerves' (we couldn't even if we wanted to), we'll look at new ways of managing them. What are we actually dealing with? How can we experience public speaking as energizing and even enjoyable?

We'll be working in pairs and in the whole group to

- discover what takes place within us when we stand before a group
- develop our ability to use eye-contact to engage with individuals and the group
- allow ourselves to relax into the role of speaker/presenter and strengthen our professional presence
- develop our ability to remain open and flexible in the speaker/presenter role
- practice delivering our presentations in a more confident and connected way
- get our point across more clearly and make the presentation more memorable

Just bring yourself, your experience, and a willingness to try something new.