



Speaking Under Pressure Training

Are you interested, in enhancing your ability to organize and effectively convey your thoughts and ideas in speaking engagements? This training will equip you with the skills to communicate your message successfully while also managing the attitudes and behaviors of your audience. It's crucial to consider how you respond to your audience address their questions and understand their attitudes. Maintaining control becomes especially important when dealing with reactions or protests from large groups. This session aims to help you adapt, set goals and exercise judgment.

Course Overview;

The initial portion of the workshop will focus on introductions and discussing its objectives. Participants will have the opportunity to identify their personal learning goals.

By the end of this training participants will be to;

- Gain self-empowerment.
- Enhance their speaking skills.
- Establish rapport between themselves as speakers and their audience.
- Develop strategies for managing nervousness while speaking in public.

Getting Started;

To begin our journey, we'll delve into what Speaking Under Pressure truly means. Additionally, participants will learn an effective approach, for structuring any presentation.

Planning

In this session we will provide participants with seven ways to prepare for a presentation even if they are uncertain, about the time, date or topic.

Force Field Analysis

Next, we will introduce an approach that helps analyze two opposing forces influencing a situation.

Understanding Your Audience

During this session we will explore a three-phase approach to understand the needs of your audience. Participants will also have the opportunity to practice creating an audience profile.

Controlling Your Nerves

This session will focus on techniques to effectively manage stage fright and make the most of it.

Ensuring Communication with Listeners

Participants in this session will delve into what engages and disengages listeners in group discussions. Additionally, we'll briefly touch upon verbal communication.

Identifying Key Themes

To conclude the day participants will learn about themes. What they are and how to create them. They'll also have a homework assignment.

Crafting Key Sentences

On the day we'll wrap up our discussion, on themes and allow participants to share their completed homework assignment.

Structuring Ideas; A Plan of Action

This session will concentrate on a three-part plan (Aim, Concentrate and Adapt) that participants can employ to structure the body of their presentation.

Methods of Organising Information

In the stage we will explore techniques to effectively organise the information within our message.

The Power of Nonverbal Communication

During this session we will delve into the significance of both negative body language cues.

If You Had a Choice

To prepare for the presentation, in the workshop participants will be invited to deliver a brief talk addressing this question; "If you could wake up tomorrow possessing any one ability or quality what would it be?"

Crafting Memorable Beginnings and Endings

This segment aims to equip participants with strategies for creating impactful introductions and conclusions.

Expanding on an Initial Plan

Up until now we have focused on presentations. In this session participants will receive tips on expanding those presentations should they need to deliver talks, beyond just a few minutes.

Delivering Engaging Presentations

As a culmination of the workshop participants will present a five-minute speech. Additionally, they will engage in peer evaluation.

Wrapping Up the Workshop

At days end there will be an opportunity for participants to ask questions and complete an action plan.

Visit <https://paramounttraining.com.au> for more information or call 1300 810 725