



Speak with Confidence, Clarity and Impact

This 5-week public speaking course in Sydney provides you with the knowledge, techniques and practical experience to help you speak confidently in front of others.

Each week you will learn from qualified trainers and award-winning public speakers in a friendly, encouraging, supportive learning environment to:

- Speak off-the-cuff and answer questions
- Create and deliver 5 effective speeches
- Stay on track and get to the point
- Develop good listening skills
- Use your voice and body to appear confident
- Connect, engage and build rapport with others
- Speak up confidently about yourself



Your satisfaction is 100% guaranteed.

Overcome the Fear of Public Speaking

SPEAK WITH CONFIDENCE

Have you noticed that those who speak up confidently are usually the ones to get the job, be promoted and are recognised as leaders in their field?

Imagine if you could do that!

Join the next 5-week course and we'll show you how.

At this 5-week Course you will receive:

- ✓ Public speaking knowledge, demonstrations and practical, hands-on experience so you will improve your skills and confidence every week
- ✓ Assessment of your communication strengths and weaknesses
- ✓ Speak With Confidence Workbook
- ✓ Public Speaking Manual with tips, techniques of world champion speakers and helpful checklists
- ✓ Videos of your speeches and performances
- ✓ Inclusive, friendly, support and constructive feedback to improve each week
- ✓ Certificate of Achievement

Book Now!

Book on-line: https://artofcommunicating.com.au/speak_confidence/

Or Phone: +61 (0)401 059 934 | Email: training@artofcommunicating.com.au

Next Course Dates: see online | Training Room Location: Adina Apartment Hotel, 511 Kent St Sydney

Weekly Session Plans

1st Session: Introduce, Inform, Involve

- **Impromptu Speaking Skills**
 - Introduce Yourself
 - Techniques for speaking off-the-cuff
 - PPF Speech Technique - Stay on track
- **Public Speaking Skills**
 - 1st Speech to inform: "What Do You Wish?"
 - Diagnostic assessment of your current speaking skills
 - Prepare to speak with conviction
- **Confidence Skills**
 - Defining confidence
 - B.A.M. Formula - Action for Confidence

2nd Session: The Power of You

- **Impromptu Speaking Skills**
 - P.R.E.P. Speech Technique
 - Responding assertively
- **Public Speaking Skills**
 - 2nd Speech to convince: "Courage"
 - How to suggest improvements without offending
 - Why audiences refuse to listen
 - Open powerfully - A.T.T.I.C.S. Technique ©
 - Compelling close - S.Q.A.C. Technique ©
 - Prepare to deliver a winning proposal
- **Confidence Skills**
 - Core values that drive you

3rd Session: Understanding Others

- **Impromptu Speaking Skills**
 - Active Listening
- **Public Speaking Skills**
 - 3rd Speech to persuade: "Deliver Winning Proposal"
 - Understanding your audience
 - Personalities and listening styles
 - Achieving your desired outcomes
 - Prepare to speak confidently about yourself
- **Confidence Skills**
 - B.A.M. Formula – Mind of Confidence

4th Session: Let's Get Physical!

- **Impromptu Speaking Skills**
 - Being expressive and engaging
 - Speaking up about yourself
- **Public Speaking Skills**
 - 4th Speech to engage: "Values"
 - Body Language – using non-verbal communication skills
 - Vocal expression – improve the way you sound
 - Prepare to speak to engage and inspire your audience
- **Confidence Skills**
 - B.A.M. Formula – Body of Confidence

5th Session: Engage, Inspire & Celebrate

- **Impromptu Speaking Skills**
 - How to Introduce Yourself
- **Public Speaking Skills**
 - 5th Speech to inspire: "Engage and Inspire your Audience"
 - Final assessment of your public speaking skills
- **Celebration of Achievements**
 - Certificates and recognition
 - Planning your way forward
 - Review & feedback

Benefits for You:

- ✓ Feel confident to speak up & express opinions
- ✓ Be able to speak clearly and get to the point
- ✓ Speak off-the-cuff with conviction & confidence
- ✓ Speak up positively about yourself
- ✓ Understand others and their personality styles
- ✓ Make a good impression
- ✓ Know how to connect, engage and build rapport
- ✓ Use non-verbal skills to your advantage
- ✓ Create and deliver 5 effective speeches

Need More Information?

Call Sydney on 0401 059 934
or email: info@artofcommunicating.com.au
Thank you

Book Now!

Complete this form & return to: training@artofcommunicating.com.au

First Name: Last Name:

Company Name (if applicable)

Address.....

Email: Mobile:

We will reserve a seat for you and email you with payment detail options. Upon receipt of payment, you will be sent a confirmation email and preparation details for the course. Thank you.