



## Overcome the Fear of Public Speaking

# SPEAK WITH CONFIDENCE COURSE

Have you noticed that those who speak 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 course and we'll show you how.

## Confidence Clarity Connection!

This course in Sydney provides you with the skills you need to speak with confidence in front of others.

You will get clarity and a deeper understanding of yourself. You'll also find it easier to connect to others.

Learn in a small group from qualified communication trainers and award-winning public speakers. The environment is friendly, encouraging and supportive. You will be able to:

- Create and deliver 5 effective speeches.
- Speak off-the-cuff and answer questions.
- Uncover your top 5 strengths (Gallup Strengths)
- Define the values that are driving you.
- Use your body to appear & feel more confident.
- Connect, engage & build rapport with others.
- Speak assertively & confidently at work & in life.



100% guaranteed satisfaction.

### You will get:

- ✓ Public speaking, impromptu speaking, confidence training and coaching to improve - every session.
- ✓ Gallup Assessment of your Top 5 Strengths with 1:1 coaching to help apply them in your life.
- ✓ Videos of your speeches and performances.
- ✓ Complete Speak with Confidence Workbook.
- ✓ Public Speaking Manual with tips, techniques to enable you to inform, engage & influence your audience.
- ✓ Connect to others in the class online to share ideas, build friendships & connections.
- ✓ Certificate of Achievement for full attendance.

# BOOK NOW!

<https://artofcommunicating.com.au/speak-confidence/#book>  
or Ph: 0401 059 934 | E: [training@artofcommunicating.com.au](mailto:training@artofcommunicating.com.au)

Sydney CBD Training Room: Club York, 99 York St. Sydney (near QVB & Town Hall station)

## Course Session Plans

### 1st Session: **Introduce, Inform, Involve**

- **Impromptu Speaking Skills**
  - Interview each other
  - Reporting the facts
  - Techniques for speaking off-the-cuff
  - PPF Speech Technique – How to stay on track
- **Public Speaking Skills**
  - 1st Speech to inform: "What Do You Wish?"
  - Diagnostic assessment of your current skills
  - *Prepare* to speak with strong conviction
- **Confidence Skills**
  - Understand assertiveness
  - Discover your TOP 5 Strengths
  - Personality communication profiles

### 2nd Session: **Communicate the Power of You!**

- **Impromptu Speaking Skills**
  - PREP Speech Technique – How to respond with conviction - Express strong points of view.
- **Public Speaking Skills**
  - 2nd Speech to speak with conviction: "Courage"
  - How to give & receive constructive feedback
  - 5 techniques to confidently begin a speech
  - 4 steps to deliver a compelling close
  - 5 key reasons why audiences refuse to listen
  - Learn how to build rapport with others.
  - *Prepare* a speech to win a proposal
- **Confidence Skills**
  - **B.A.M.** Confidence – Your BODY
  - *Gallup Strengths Assess*: Your Top 5 strengths
  - *Zoom Coaching*: Unpack your Top 5 Strengths and how they assist you in life.

### 3rd Session: **Understand Others**

- **Impromptu Speaking Skills**
  - Express the attributes of your key strengths
- **Public Speaking Skills**
  - Understanding different communication styles.
  - Analyse the audience & set clear objectives
  - 3rd Speech to persuade: "Winning Proposal"
  - *Prepare* to express the values that drive you.
- **Confidence Skills**
  - **B.A.M.** Confidence Formula – Your MIND

### 4th Session: **Let's Get Physical!**

- **Impromptu Speaking Skills**
  - Responding with energy & self-assurance.
- **Public Speaking Skills**
  - Review videos of your presentations.
  - 4th Speech with physical & vocal expression: "What Drives Me"
  - Body language techniques - high/low value.
  - Vocal expression – Improve your sound.
  - *Prepare* a speech to inspire your audience.
- **Confidence Skills**
  - **B.A.M.** Confidence – Your ACTION

### 5th Session: **Engage, Inspire & Celebrate**

- **Impromptu Speaking Skills**
  - How to introduce yourself & engage others in conversation.
- **Public Speaking Skills**
  - 5th Speech to inspire: "My Vision"
  - Summative assessment of your skills
- **Celebration of Achievements**
  - Certificates, recognition & photos
  - Review and plan your way forward
  - Interview about your new skills - How you will apply them at work & in the world.

### Benefits for You:

- ✓ Improve your career and business opportunities.
- ✓ Express yourself with assertiveness & confidence.
- ✓ Speak clearly and get to the point.
- ✓ Know how to respond to questions off-the-cuff.
- ✓ Develop a stronger sense of self – stand up for your opinions, your values & your strengths.
- ✓ Understand others & their communication styles.
- ✓ Make a good impression – Know how to connect, engage, and build rapport with others.
- ✓ Know how to use high-value body language.
- ✓ Know how to deliver highly effective speeches.

For more information contact: 0401 059 934  
or email: [info@artofcommunicating.com.au](mailto:info@artofcommunicating.com.au)

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<https://artofcommunicating.com.au/speak-confidence/#book>

Alternatively, you may complete this form & return to: [training@artofcommunicating.com.au](mailto:training@artofcommunicating.com.au)

Course Dates .....  
First Name: ..... Last Name: .....  
Company Name (if applicable) .....  
Address.....  
Email: ..... Mobile: .....

We will reserve a seat for you and email a tax invoice to you for pre-payment.  
Upon receipt of payment, you will be sent a confirmation email and preparation details for the course. Thank you.