

# How to overcome your fear and become the incredibly powerful and confident speaker you've always imagined

What to expect from this  
**GOLD STANDARD** public speaking course

Date: 22nd March 2024

Time: 8.45am - 5pm

Location: Kirkstall Forge

Cost: £250 per person

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## Agenda

The workshop is designed to teach you a lot in a short space of time. For this reason the day will begin at 8.45am sharp. There will be opportunities for breaks throughout the day and lunch will be provided on-site. We aim to complete the day at 5pm.

### Morning Sessions - Building the Foundations of Great Communication

Morning Session 1	What is public speaking. The good and the bad. An introduction to structures.
Morning Session 2	More on structures. How to read and respond to the room.

### Afternoon Sessions - Courage, Confidence and Putting it all together

Afternoon Session 1	Putting the learning into practice - rehearsal techniques and hints & tips. Confidence building masterclass.
Afternoon Session 2	Practice and feedback - you will make a short presentation / speech and receive feedback from the group.



## Trainer

Your trainer on the day will be John Child. He's been teaching people how to improve their communication and their lives for over 20 years. An accomplished speaker and expert in Neuro-linguistic Programming (NLP). Clients routinely comment on how much they learn during John's trainings, and how practical and easy to implement the information is. John works on the basis that the best way to apply knowledge is to use it, so you can expect this workshop to be interactive and a lot of fun.



## What you'll leave with

At the end of the day you'll leave with a certificate of attendance. You'll also receive a recording of your 5 minute presentation in the days following the event. You'll be able to watch it back and make notes on what you did well and how you could build on your success. Watching this recording and seeing where you got feedback is key to building on your learning and keeping your momentum.

In addition you'll also leave with a one hour coaching session (delivered via teams / zoom). You can use this to follow up on your training, deep dive into an upcoming speech you have to give, or discuss anything else that is keeping you stuck. An accomplished NLP coach and mentor you can expect to make big changes within this one session alone.

## How to book & What happens next

Booking couldn't be simpler. Visit the link below and you'll be taken to the registration page on Eventbrite. Click on the button to register and you'll be asked to provide some personal details and payment information (don't worry, we take your privacy very seriously and will never pass on your details to other companies).

**Find the booking page here: <https://bit.ly/superchargeyourspeaking>**

As soon as you've registered you'll receive a confirmation. You should receive a receipt through Eventbrite but if you need another just let us know. We can also provide you with an invoice if you need one for your records.

A couple of days before the event you'll receive a reminder email with confirmation of your parking and any other last minute joining instructions.

If you'd like to see a more information before you book you can visit this link to be taken to our website.

**[www.communicatingexcellence.co.uk](http://www.communicatingexcellence.co.uk)**

If you'd like to pay on invoice, or if you need to provide us with a purchase order please contact: [amanda.bennett@communicatingexcellence.co.uk](mailto:amanda.bennett@communicatingexcellence.co.uk).

Two working days after the workshop you'll receive a link to download the video of your practice session. We'll do this through a private dropbox folder so you'll be the only person who gets to see it. In the same email there will be a link to book your free coaching session. You'll be taken to a page on our website where you can choose a date and time that suits you.



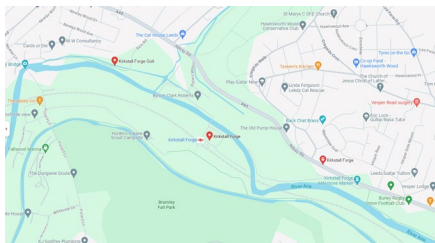
## Venue

The course will take place in the meeting rooms at Kirkstall Forge. This state of the art location is located right beside the train station, only a 7 minute journey from Leeds City Centre. Parking is also available (let us know if you will be driving and we'll reserve you a parking space).

The room we've booked is just the right size for our group with a boardroom layout so you'll have plenty of room for discussion and making notes.

There is an onsite coffee shop and restaurant. Lunch will be provided on the day (please let us know if you have any dietary requirements).

## How to find the venue



**By Train:** Kirkstall Forge is beside the Kirkstall Forge railway station. A short seven minute train ride from Leeds City Centre. When you arrive at the station, cross over the bridge and you'll see the building directly opposite as you exit the station.

**By Car:** Kirkstall Forge is just up the road from Kirkstall Abbey. Surrounded by parkland it's part of a stunning new development. Situated just off the A65 the venue is easy to get to by car. Onsite parking is available (please let us know if required and we can reserve you a space).