

GETTING RID OF THE FEAR AND HORROR OF PUBLIC SPEAKING

If being asked to make short presentations gives you cold sweats, sleepless nights and a stomachache, you already know that fear is holding back your career advancement. You also know that it's time to get over it. Now there's help.

This seminar is not designed to polish your presentation skills. Instead, it concentrates on that all-important first step: it gives you the confidence to stand in front of a group and speak. You'll learn to see a presentation as nothing more than an enlarged conversation; to use a few simple tricks to calm the butterflies; and, most importantly, get through the first two minutes of your talk – the time that makes or breaks you.

LEARN HOW TO

- Analyze the components of your fear
- Substitute knowledge for memorization
- Use the three Es to prepare
- Make friends with your audience
- Maintain a logical thought pattern
- Think on your feet

WHO SHOULD ATTEND

People who hate to speak in public and avoid presentations at all costs. This seminar is not for those who need to polish their skills; it is for people who need to acquire the basic confidence to speak in public.

You will be asked to make a few, informal presentations. Our certified instructors are experts at creating safe environments where your newfound confidence can flourish.

WHAT YOU WILL COVER

Module 1

Understanding our feelings:
The first step

Module 2

Reduce fear by taking small steps

Module 3

Ways to minimize fear

Module 4

The role of preparation in reducing fear

Module 5

Delivering our talk

Module 6

Q&A techniques that reduce fear



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