

Stand and Deliver Presentation Skills Training

Whether you're an experienced presenter or speaker and you want to inject a new lease of life into your presentations, or you're new to presenting and want to learn how to deliver with style and confidence, this course is for you. Are you seeking new and engaging ways to get your message across, make an impact and keep your audience hanging on your every word? If so this two-day course is for you.

On day one we focus on designing your presentation – how to structure and plan your message and how to create a compelling story and bring it to life. You'll discover how to plan and structure a presentation so that you get your audience's attention and lots of practical tools and tips to make sure that they really engage with you, so that your presentation achieves the results that you want.

On day two, we focus on delivering your presentation, and you'll gain the skills to manage and project your voice effectively, use appropriate body language, and to manage your nerves so that they work for you rather than against you.

You'll enhance your skills, gaining new and inspiring ideas to energise your presentations so that your audiences really sit up and take note, and you get your message across clearly and successfully, and you'll leave the course feeling confident, sounding great, looking professional. A maximum of eight places are available, so that everyone gets individual attention and meets their own personal priorities for the course, and to allow for plenty of opportunity for practice and feedback. More specifically the course will help you to:

- Structure your presentation so that your audience really pays attention
- Use innovative techniques to create real impact without going near Powerpoint
- Engage and stimulate your audience
- Understand where nervous symptoms come from and use a range of strategies to harness and use nervous energy effectively
- Improve your vocal tone and voice projection
- Use body language and your voice to deliver your message with authority, confidence and enthusiasm
- Develop your own personal style to build a relationship with your audience



Most importantly, you will leave the session sounding great, looking professional and able to plan and deliver great presentations which you and your audience both enjoy.

"I couldn't have delivered my presentation without you, that's for sure. So a big thank you. I learnt so much - but without a doubt, the best bit for me was your 3-point strategy, the tell ems and PIE. My content was far far better after your help it took me out of my comfort zone and made me look at things with a fresh eye."

Richenda Oldham, Director, ROPR

This course is ideal for:

- People who are new to giving presentations, and who need to understand what happens to them when they have to stand and deliver and how they can become confident and effective presenters
- People who are more experienced but want to improve the quality and impact of their presentations and get their message across well
- People who need to know how to present detailed technical information without sending their audience to sleep
- People who are concerned that when they give a talk or presentation their audience switches off and stops listening
- People with a fear of public speaking

Delivery style:

Our training is lively and participative so that people engage more and learn better. We provide an excellent knowledge and understanding of the subject, lots of practical tools and skills to use in the workplace, and most importantly, the confidence to put these into practice.

We design our training using "brain-friendly" training techniques and accelerated learning principles which are proven to speed up the learning process and to enable learning at a deeper level so that it has a greater impact, people remember what they've learnt, and they are more committed to applying their learning in the workplace. Our training involves:



- Activities, games and other participative exercises to highlight a point or help people understand a concept
- Facilitated discussions to introduce and explain theoretical models
- Practical tasks to practice new skills in a safe environment with constructive feedback
- Opportunities to reflect on the learning and identify how they will apply it in the workplace



Trainer: Nicki Davey

Nicki has over 25 years' leadership, management and training experience. As Director of Saltbox Training & Events Ltd, Nicki has delivered training for staff, senior managers, and Board members in the corporate, charity, and public sectors including: Marks & Spencer, Yeo Valley, Triodos Bank, The Soil

Association, Devon County Council, Devon & Somerset Fire & Rescue, Westward Housing Group, CLIC Sargent, YMCA, British Red Cross, and Hearing Dogs for Deaf People.

Nicki is a fellow of the RSA, an active member of the CIPD West of England Branch Committee, has ILM and CIPD qualifications, and is a Master Tetramap facilitator and chair of the TetraMap Global Leadership Group.

Nicki believes that we all perform best when our mind is free, our body relaxed, and our creative potential unlocked, and she uses imaginative, enjoyable methods to make training lively, fun and colourful, so that people participate more, learn better and are inspired to put their learning into practice. Her boundless energy, ability to engage people, and strong sense of fun have earned her a reputation as an inspiring leader, successful organiser and innovative trainer who really has an impact.

Find out more...

Visit: www.salt-box.co.uk

Email: info@salt-box.co.uk

Ring: 01373 837333 or 07792 788175