



Presentation Skills Training

Presentation Training Courses teach participants simple techniques to **improve body posture, breathing, voice production and performance skills.**

These courses teach your staff **how to release tension** allowing a focused performance which is **confident, credible and dynamic.** The voice production techniques release a more **comfortable and resonant** sound. Posture techniques enable a poised and **natural** dynamic creating an easy rapport with the audience.

Your staff will be taught the same skills which are taught in **all leading performance schools** around the world without the intimidating exercises or training styles used by some drama specialists.

These are “hands-on” workshops designed to get your staff up on their feet and teach them **how** to replace fear with **confidence** in important presentations. Together with the participants, I create an environment which invites the group to work with their bodies and be willing to take the risk of trying something different.

These are **powerful** training programs especially for people who live in their heads such as Lawyers and Managers.

This training encourages your staff to move from their head and **live in their body** in order to create:

- an authentic presence;
- a personal presence; and
- a confident presence in their presentation.

It is a concrete training program where participants can see the legitimate benefit of what they are doing, as opposed to other programs where the connection is not always immediately apparent.

Because of the specialised nature of the training I work in **small groups** in order to:

- maximise the “hands on” time for each participant; and
- optimise the integration of the work.

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Your staff are:

- continually on their feet practising and perfecting their skills; and
- continually receiving rich, immediate feedback to use in their own practice during the session.

Your staff learn by:

- watching their colleagues;
- feeling their new alignment;
- hearing the improvement in their voice; and
- seeing the increased quality of interaction with the audience.

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