

The art of public speaking Improvers seminar

Date: Wednesday 24 September 2008
Venue: The Connaught Hotel, Bournemouth
Presenter: Vanessa Ugatti



watch out world

bringing humanity to organisations through authentic communications

Seminar objectives:

- To deliver 2 x 10 minute previously prepared presentations
- To learn how to access positive mental states
- To learn how to construct and use positive affirmations
- To learn how to build rapport with the audience through language
- To give and receive constructive feedback

Seminar programme:

Morning	Coffee (start 9am)
Session	Aims of the day + agreement Warm up exercise How to build rapport with audiences via language (internal representational systems) Representational System Preference Test Internal representational systems feedback to group State Management – how to access positive mental states. State Management confidence exercise Delivery of Business/Work 10 minute presentations plus feedback Coffee break Continued delivery of presentations and feedback Positive Affirmations - How to construct & use them to create positive mental attitudes Exercise in pairs – create 6 affirmations around speaking confidently in public
13.00	Lunch
Afternoon	When speaking, how do we truly touch people's hearts? (Brainstorm group exercise)
Session	Emotional-based confidence exercise Delivery of personal 10 minute presentations plus feedback Tea Continued delivery of presentations and feedback Question & Answer session – ask the expert
17.00	Finish

Criteria for attendance on this seminar:

1. Must have previously attended the one-day art of public speaking seminar.
2. Must have previous course information.
3. Preparation in advance is required for 2 x 10 minute presentations, one business/work focused & one on something personal that touched your heart.
4. Presentations will be strictly timed and need to be within plus or minus 30 seconds.

Vanessa Ugatti, Watch Out World, 3 Seaview Court, Poole, Dorset BH14 0LX

vanessa
ugatti

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Please return this page, with payment, to:-

Vanessa Ugatti
Watch Out World
3 Seaview Court
125 North Road, Poole
BH14 0LX

Name of delegate.....

Name of business.....

Address.....

.....

Tel.....

E-mail.....

Signature.....

Please advise us of any special dietary requirements in advance.

PLEASE MAKE YOUR CHEQUE FOR: £245+VAT (£287.87)

PAYABLE TO: Watch Out World

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