

Stage Fright?



...If so, welcome to the human race!

Do you have challenges in any of the following areas:

- Demonstrating confidence
- Handling nerves prior to a presentation
- Fielding questions and dealing with interrogation
- Engaging with an audience
- Turning a 30-word sentence into a concise impact statement
- Breathing life and injecting humour into flat material
- Having a positive mindset and feeling capable of 'doing something different'
- Fine-tuning elevator pitches in order to improve your sales

This presentation skills programme, delivered by award winning trainer Martin Haigh, will help you to overcome stage fright. You can develop your emotional strength and technical skills to impart information in a compelling way. The session is highly interactive and you will get plenty of opportunity to practise your technique.



Stage Fright Overview

In this seminar you will learn how to control your nerves, have more self belief and actually look forward to giving your talks. We'll look at structuring a talk, ways to remember your key points, powerful openings and memorable closing lines.

The programme will be set in an atmosphere of trust and respect. A professional workbook is included together with a CPD certificate. Video recording / analysis is also available.

For more information about forthcoming programmes, or if you wish to discuss an in-house programme, please contact Martin Haigh on 07801 030 004, email martin@lattitude7.co.uk or visit www.lattitude7.co.uk



"I have been on a number of presentations courses but I can honestly say that Martin's programme will make a huge difference to me and the organisation. He enabled us to deliver public presentations - a task which would have seemed impossible to most of the team - and we are extremely grateful!"
**Steve Duncan DL Chief Executive,
Community Foundation for Calderdale**

Our next programme takes place on

Location

