



Public Speaking One-Day Open Course Overview

Public Speaking open course

Structure your material for the biggest impact and speak effectively to any audience

Our popular and effective public speaking training course focuses on building confidence and communication skills.

Particularly how to journey from fear to deal with nerves, anxiety, and stage fright. The public speaking classes offer simple, easy-to-practice tools to help you get your compelling message across memorably.

It is a fun and effective public speaking skills training course, with plenty of opportunities to practice in a safe space.

You'll learn how to deliver your message and engage your audience through interactive workshops in a supportive community with the help of an expert coach.

The content of each workshop will be shaped around the needs of the delegates, making the work relevant and practical.*

Ahead of the course, we'll provide pre-course preparation to get juices flowing and the mind focused...

This course will help you with:

- *Dealing With Your Feelings*
- *How Public Speaking Works*
- *What Already Works For You?*
- *Handling Nerves*
- *How to Prepare*
- *Why We Get Anxious*
- *Overcoming The Fear*
- *Telling a Story*
- *Building Your Confidence*

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**Course Content*

Presenting vs Public Speaking

- Presenters tend to be backed up by technological support for individual presentations
- Public speakers are more exposed as they only have themselves and their interaction with their audience to rely on

Stress Graph

- The symptoms of nervousness can be experienced in three stages:
 - 1. Anticipation of speaking
 - 2. While Speaking
 - 3. After speaking and recalling what it was like to speak
- Reduce fear and nerves to a manageable level

Building Confidence

- Look at how mind-reading assumptions are a confidence killer

Connecting Without Words

- Setting up a positive spiral of connection with an audience

Everyday Objects

- Overlaying an ordinary text with an extraordinary message

Levels of Understanding

- Assess the levels of understanding with an audience
- Deliver information with varied emphasis for a learning experience, without appearing to patronise

Tailoring Content

- 'What's in it for me?'
- Adapting content to suit the audience and hold the listener's attention

Closing

- Making a lasting impression

Before and After

- Interacting with an audience before and after the talk
- Making yourself available to as many people as you are comfortable with
- Join and leave groups with ease
- Staying relaxed and dealing with last-minute anxiety

Nerves

- What happens when you have to speak in public?
- Examine the journey from fear and its effect on your body

Talking to Many

- The differences between speaking to one person, two or three people, and a larger group

Presence

- Create audience contact for persuasive presentations
- How to manage the fight or flight response

Location

- Discussion of the various arenas in which you are likely to speak
- Preparing for the challenges that arise in certain settings such as remote presentations or urgent client meetings

Simple Story

- Practise using storytelling elements in your speeches to take listeners on a journey

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Symbols, Analogies and Metaphors

- Use analogies and metaphors to explain complicated subject matter
- Using symbols as visual aids to reinforce themes and make a point

Prepared Speeches

- Prepared speeches that incorporate the principles worked on earlier in the day putting tools into practice

Big Upping

- Practise big upping one another while introducing the next speaker
- Create a positive and friendly environment

Preparation

- Preparing speeches and storytelling practice
- Managing yourself during a speech
- What to do after

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Logistics

Attending in person

At: Impact Factory

Suite 121 Business Design Centre

52 Upper Street, London N1 0QH

[Find Us Here](#)

Please use postcode [N1 0PW](#) if using Satnav and Google maps, which will take you to the front entrance of the building on Upper Street

Coffee will be served from 9:30am and lunch around midday.

Attending remotely

A **Zoom invite** will be sent to you by your trainer by 9:30am on the morning of your course.

- This is a **video-on** session – it will ensure that you get the most out of the training so please come prepared to have your video on if at all possible
- Bring a pen, paper and a coloured marker/felt-tipped pen (if you have one)
- Please join from a laptop or desktop computer, not from a phone
- Please dial in 10 minutes before our start time so you can test your audio and video

Course Time: 10:00am – 5:00pm

All of our open courses are delivered in a Hybrid format and delegates can change their mode of attendance from the original booking with up to one working day's notice.

Contact details



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