

Presentation Coaching

It is commonly held belief that a good presentation is the result of 95% preparation and 5% improvisation.

A good presentation is confident, clear and to the point. It delivers the messages in an enjoyable and stimulating way, and can promote thought and discussion. No matter what the event is, or who the audience is, for the presenter it is a critical moment. This course is designed to give the presenter the skills to be the best they can in that moment.

Designed for 3 to 5 participants, this can be a half-day (four-hour) session, with the time divided into two sessions:

Session one

We would begin by looking at the strengths and challenges of each participant and explore what they need to achieve in the session.

The session covers both content and delivery.

Confidence in the content is hugely important, and the session will look at what should and should not be in a presentation, how to structure a presentation and make it more powerful.

We would also learn about the technique of presence and the emotional side of communication

The course also looks at the following delivery techniques:

- Language
- Impact
- Pre-framing and re-framing
- Body language
- Pace, tone and pitch
- Dealing with questions

Session two

Each participant will be given time to prepare and then asked to present to camera. Each performance will be played back to the group with advice. This part of the session will also deal with any particular issues, such as overcoming nerves, pitch and tone of voice, etc, using neuro linguistic programming (NLP) techniques.

Follow up: some participants may want to consider a two-hour, one-to-one follow up session.