Alison Goldie - Courses and Classes

PRESENTATION SKILLS

An essential toolkit for anyone who experiences fear before making a presentation covering 3 key areas:

HOW TO GIVE YOURSELF CONFIDENCE

HOW TO GET YOUR POINT ACROSS

HOW TO MAKE YOUR AUDIENCE LOVE YOU

Alison has had much first-hand experience of speaking publicly, as a stand-up comic, a solo theatre performer, a facilitator and speaker, as well as a TV presenter and a radio journalist. She knows about stage-fright and she knows about communicating clearly and economically.

In this course which comes in 2-hour and half-day formats, she deals with:

* The neuroscience of fear
* Limiting beliefs about your skills
* The importance of preparation
* Voice and body
* Attitude to the audience
* Establishing and keeping authority
* Speech content

Alison will give you simple and effective exercises to enhance your performance, and with a light touch, and careful coaching, improve your ability to deliver anything to anyone in a persuasive and entertaining way.

Cost: £400.00 for two hours; £600.00 half day (4 hours); individual coaching negotiable.