

Enhance your **IMPACT!**

Public Speaking & Presentation Skills Training

Saturday, May 1st

Whether presenting in front of large audiences, clients, supervisors or colleagues, good public speaking skills belong to the key competencies of a successful career development!

Come join Sonja Fuhrmann, an experienced TV-journalist and TV-presenter, and Mona Shair, a trained coach and NLP-practitioner for an intensive one-day workshop on how to make a powerful and lasting impact when speaking to an audience. At the end of the day, you will receive a training certificate from key2advance.

Intention

Learn how to focus & keep your attention on the audience

Meta Programs

Identify your personal filters of perception when communicating

Presentation

Structure an informative and convincing presentation

Attention

Hook your audience and keep them interested

Confidence

Eradicate fears & blocks associated with speaking to a crowd

Tone

Receive tips on how to use your voice, body language and breathing

“You must take the workshop! The training is excellent!” D.S. Participant

I have been to many other presentation/public speaking/leadership workshops and this one basically puts together all the key points. M. B., Assistant MEP

Price: 240 Euros (students and interns receive a 60% discount)

Location: On the premises of the University of Kent in Brussels

Info: www.key2advance.com/Public_Speaking.htm

For specific questions: contact@key2advance.com

The Trainers:

Sonja Fuhrmann is one of the main anchoring presenters for a German regional news magazine on WDR, which is broadcast on national TV. She also worked as a freelance European affairs correspondent for the ARD/WDR German TV in Brussels, the largest foreign studio of the ARD world-wide, from 2002-2007. Moreover, Ms. Fuhrmann received her journalistic training from the 24-hour-news channel N24 in Berlin, in addition to various other TV-Channels such as EuroNews, RTL, and Pro7/ Sat1 Media AG. In addition to presenting, it is her passion to work with groups in the field of self-development and voice coaching.



Mona Shair is an Associate Certified Coach (ACC) accredited by the International Coach Federation (ICF). She received her coaching training from the renowned Coaching Development School in London. Mona Shair is also certified as a Neuro-Linguistic Programming (NLP) practitioner by NLP Europe and has received intensive training at the hand of the U.K.'s top trainers. These qualifications follow her BSc of Psychology from McGill University in Canada and MA studies in International Relations from University of Kent Brussels (UKB). She has developed a series of workshops individually and in collaboration with her colleague Sonja Fuhrmann.

Agenda

Public Speaking & Confident Delivery

Introduction.....	10.00-10.15
Warm up.....	10.15-10.35
Nerves!.....	10.35-10.45
Who is your Gremlin? Identify your “inner critic”.....	10.45-11.10
Know your audience!	11.10-11.15
The <i>break it or make it</i> factor!.....	11.15-11.30
Coffee Break.....	11.30-11.45
Framing your speech:.....	11.45-13.00
Hook your audience- Start with a bang!	
Effective Introduction / Powerful conclusion	
Lunch Break.....	13.00-14.00
How do you tick?.....	14.00-14.30
Test 1: Big Picture vs. Small Picture	
Test 2: What are your filters?	
How to appeal to all senses? Practical Tips.....	14.30-15.15
NO-NOs	15.15-15.30
Coffee Break.....	15.30-15.45
Body Language.....	15.45-16.00
Confidence Boosters.....	16.00-16.45
Circle of Excellence/Grounding	
Self-Coaching/Breathing	
Final Exercise & Souvenir	16.45-17.30
Feedback Sheets	

