

Public Speaking Workshop

Creating confident communicators



Why Trischel is different

- Each course is small, to encourage nervous speakers
- The training is designed to encourage you to have fun
- We provide **two** of our highly experienced trainers to ensure that you get one-on-one coaching if necessary
- You receive a **FREE** copy of our book 'The Secrets to Effective Public Speaking'

About Us

Trischel was founded in 2006 by Trish Springsteen and Michele Keighley, both of whom have extensive experience in training in both the Government and Corporate sectors.

Trischel is now recognised as Brisbane's experts in communication training; a reputation that is now spreading Australia wide.



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Effective communication is the cement that binds an organization together. It is the foundation upon which successful teamwork and good customer relationships are built. - Connie Podesta

In a one day intensive workshop, you will learn the tools needed to improve your public speaking skills and create effective communication.

This interactive and practical training includes group interaction, practical activities, templates, performance feedback and fun activities to reinforce learning.

The workshop is designed to deliver skills which are immediately applicable in your professional and personal life.

Key Learning Outcomes

- Identify the specifics of personal and professional communication styles
- Learn how to overcome lack of confidence in discussing your ideas
- Achieve a professional format to present ideas to senior management
- Practice the skills to enable you to add credibility to your communication.
- Learn how to engage and persuade others by connecting with emotion and information.

Who Should Attend

This course is designed for busy professionals who communicate on a personal level in the workplace. It is appropriate for those who need to become more effective communicators, or who need to raise their profile and improve their confidence when speaking in public.

"The course is not just about presenting clearly - it gives practical tips for everyday communication" -

Rozanne Brown, Chief Executive, SIRDAR Australia

The training was delivered with enthusiasm which was infectious. The workshop was excellent and most valuable" - **Glen Hooper**; Principal, Connell Wagner

2011 – One Day Intensive Course Outline

Your outcomes

- ❖ What are you looking to achieve from this course?
- ❖ What skills do you already have?
- ❖ How can we help to enhance your skills?
- ❖ Effective business communication and how we can achieve it.
- ❖ Using Trischel's principles© to engage and persuade.

Turning negative fear into positive energy

- ❖ Understand the nature of apprehension
- ❖ Techniques for maintaining control
- ❖ Preparation techniques for relaxation under pressure
- ❖ Putting visualisation to work
- ❖ Reinforce core points

Standing Up and Standing Out

- ❖ Business Meetings and the unexpected question
- ❖ First Impressions must count
- ❖ Listening and Confirming
- ❖ Using 'The Formula' to create competent responses
- ❖ The benefit of immediate performance feedback
- ❖ Developing your personal skills

Structuring Communication to Succeed

- ❖ The importance of defining the target
- ❖ Creating a railway journey to maintain focus
- ❖ Research and development of ideas
- ❖ Opening with a bang
- ❖ Developing with clarity and coherence
- ❖ Closing with a deliberate message
- ❖ The need for transitions
- ❖ Developing longer presentations
- ❖ Develop a personal practical Idea.

Mastering the Non-Verbal Message

- ❖ The Mehrabian Equation – what does it mean for communication?
- ❖ Engaging with Body Language
- ❖ Effective gestures for visual enhancement
- ❖ Dramatic intensity for emotional connection
- ❖ Visual confirmation of credibility
- ❖ Engaging your audience with personal connections

Energy and Emotion through Voice

- ❖ Key Principles of Speech
- ❖ Using an effective speaking voice
- ❖ Checklist for connectivity
- ❖ Creating Energy and Excitement
- ❖ Speaking seriously and convincingly
- ❖ The Power Of the Silent moment
- ❖ Misunderstanding Emphasis and Inflection
- ❖ Practice for Precision.

Making an Impression through professional platform skills

- ❖ Preparing the platform
- ❖ Engaging your audience
- ❖ Defining your area of influence
- ❖ Building credibility with core principles

Integrating the core principles

- ❖ Putting it together
- ❖ Effective performance feedback
- ❖ Principles of motivation
- ❖ Delivering performance review to promote change

Reinforcement of Learning

- ❖ Group discussions
- ❖ Personal coaching
- ❖ Interactive games
- ❖ Open book exercise
- ❖ Practical Exercise.