



focused on you

'Thrive Don't Deprive' Weight Loss Programme

You want to get over the knee trembling, hand sweating, sheer fear of speaking in front of a group of people, no matter the size. You want to ensure that you have a set of steps for a well-structured presentation. This course can set you up for that all important 'Best Mans' speech, for Starter Businesses who want to create an introductory speech, for those wishing to learn how to 'perform and get their message across' more effectively.

Here you will gain tools to hone your skills to get you in the best state to give an informative, energised presentation that will reach out to every individual you speak to.

Focused On:

- A state of excellence and how it affects the behaviour of the group
- Fear breakthrough
- The art of story telling
- Defining the structure of your message
- Persuasive, emotional language
- Preparation

What you will learn:

- Tools to help you create the right state
- How to connect with your audience
- Motivate people in a meaningful way to them
- Enable your audience to remember your message
- How to use space
- Non-verbal communication

Outcome:

- Ability to present with confidence, enthusiasm and positive energy
- Ability to reach out to every individual in your audience
- Audiences will remember you for the right reasons

Starting December

Workshop 1 hour

Tuesday Evenings

6:30-7:30pm

£8.75 per hour

(4 consecutive sessions minimum paid in advance)

Venue: Focused On You
40, Long Street
Easingwold
York
YO61 3HT

Instructor:
Cherylynn Christensen