



# Fear-free presentations



This **full-day** workshop is a highly interactive and practical course (without the dreaded role plays). The content combines business, coaching and acting elements in a way that even the most introverted personality enjoys

**TARGET AUDIENCE:** Anyone who needs to influence - one person, a team meeting, a Board, a potential client, an important stakeholder or a keynote assembly

## COURSE OUTLINE

### Why 'fear-free'?

Replace fear with excitement

### Develop your script

Four steps to a successful presentation

### Before the presentation

Breathing and vocal techniques

Rehearsing routines

### The arrival scene

Forming with your audience

Appropriate eye contact

Loving your audience

### The presentation scene

Targeting your audience

Escaping the monotone

Building interest

Dealing with rushing

### The question and answer scene

Tactics for mere mortals

### Something extra

Differentiating with a story

Making a compelling case

## ADDITIONAL OPTION

Two hour rehearsal prior to your important presentation opportunity

## COURSE OBJECTIVES

At the end of the workshop, participants will:

- Have increased self-confidence
- Have less self-consciousness
- Be comfortable in the presentation space
- Be able to prepare quickly for any presentation opportunity

### About the presenter

Barry O'Sullivan

has provided leadership coaching to over 350 leaders in the

past nine years, following 22 years as a partner with KPMG.

From 2001 to 2004, he attended night classes at The Actors Conservatory covering 12 intensive subjects. He brings business, coaching, acting and personality type insights and skills to the workshop.



"The workshop was fun and wonderfully instructive. Everyone enjoyed themselves and the experience has left us much enriched with new levels of awareness, techniques, templates and plenty to put into practice. You are very generous with your energy and it is appreciated"