



PUBLIC SPEAKING WITH CONFIDENCE

Speak up, stand out

In today's business environment, the ability to speak confidently and persuasively in public is not just an asset – it's a necessity. Whether presenting to clients, leading team meetings or representing your organization at events, your employees' communication skills directly impact your company's success, reputation and bottom line. This course is designed to minimize and eliminate the fear and uncertainty that holds professionals back, replacing it with proven techniques, practical strategies and genuine confidence

LEARNING OUTCOMES

Upon completion of this course, participants will be able to:

- define critical factors that determine public speaking success
- describe and practice the systematic steps to prepare for any speaking engagement
- demonstrate comprehensive understanding of delivering presentations successfully
- assess factors that influence audience perception and engagement
- apply breathing techniques and vocal exercises to overcome stage fright

METHODOLOGY

- Personal/Peer Sharing, Role Plays, Case Studies, Learning Activities, Hands-on Practice

TOPICS

- Basics of Public Speaking
- Preparation Strategies
- Conquering Stage Frights
- Delivery Fundamentals
- Engage the Audience, Overcome Challenges
- Final Presentation ~ Self & Peer Critique

TRAINER/FACILITATOR

Sophia Jenang

- 35 years experience as Professional MC
- Accredited Trainer by HRD Corp
- Trainer since 2009
- Experienced as Federal and Government employee, GLC and Statutory Body Executive, Corporate Relations Manager, Corporate Training Manager, Head of PR, Communication Manager, Trainer & Coach