

Join.the.dots

Public Speaking & Presentation Skills Training

Is this you? Stage fright / Failure / Embarrassment
Wouldn't you rather feel Triumphant! Confident! Prepared!

"glossophobia"

the fear of public speaking ranks in the top 10 of executive fears around the world.

Having spoken at numerous conferences across South Africa and being the only couple to be invited to speak twice at any TEDx event in Africa, Ingrid Lotze and Gavin Moffat are well versed in the Do's and Don'ts of public speaking. They bring this abundant experience to bear in an entertaining and engaging fashion, allowing attendees to feel relaxed yet stretched, moving trainees from fear to success.

Outcomes from this session:

- ☆ From a nervous speaker to a confident one
- ☆ Techniques to stay calm and focused
- ☆ How to understand your audience and give them what they need
- ☆ What it takes to be an engaging speaker
- ☆ The tools you need to build the right presso for the right audience
- ☆ The Preparation Triangle and how it helps you #naillit
- ☆ How to leave the audience wanting more
- ☆ How not to suck
- ☆ How to be awesome

The details:

Maximum number of attendees: 4
Venue: Off site
Duration: 4 hours



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www.jtd.com

Overview of the course and content

- Introductory public speaking exercise (filmed)
- Feedback on introductory public speaking exercise
- Understanding your audience
- Being goal-orientated
- The Preparation Triangle and Practice, Practice, Practice
- How to develop a speech or presentation (using appropriate humour and other tools) and knowing your material
- Techniques to overcome the fear and relax, enjoy and be present in the moment
- Mastery of presentation skills basics – eye contact, gestures, body language, movement voice, volume, pitch and tone
- How to dress for success
- The Q&A and how to handle it
- How to evaluate your own performance
- Applying this training in your everyday life



The small print in normal font size

Terms are COD and budget includes venue hire, refreshments, session notes, performance reports and copies of the delegates interviews. Airfares and accommodation for both trainers and trainees (if necessary) are not included in the fee.

Cancellation policy

Cancellations or postponements of confirmed bookings attract a cancellation fee as follows: A cancellation or postponement of a confirmed booking more than 14 days in advance attracts a 50% cancellation fee. Cancellation or postponement of a confirmed booking 14 days or less before the confirmed date attracts a 100% cancellation fee.

about the trainers

With over 40 years of presentation experience between them, Ingrid Lotze and Gavin Moffat will take you on a guided and personalised journey that will show you how many of your fears of public speaking and presenting are based on misunderstandings.

They talk about body language and how it can be a key what it's like to walk out the other side of a presentation feeling elated at your performance.



INGRID LOTZE

Ingrid is one of only 130 Accredited Public Relations practitioners in South Africa. She is a member of PRISA, a PRISM Chief judge and a Loeries judge, certified facilitator, trainer, scuba instructor, recovery coach, and conference speaker. She is well versed in most types of communication, including the art of lip reading.



GAVIN MOFFAT

Gavin is a speaker, writer and common sense evangelist. As the co-founder and pothole spotter of join.the.dots, he teaches game-changing techniques for busting through "it's complicated", cultivating clear thinking, and boosting common sense.

Through speaking, writing, training, consulting and coaching, he shares tools, thinking techniques and questions that challenge the accepted norm and lead to "aha" moments that translate into clarity, new skills and shifts in people's productive and effective work lives.