

5. CONFIDENCE AND COMMUNICATION PACKAGES



WHO IS THE COURSE FOR?

This course is primarily for businesses, managers and their employees but it can easily be adapted for a wide range of audiences to fit a specific communication purpose. For example preparing for a presentation speech or practising interview skills can be 'nerve racking' whether you have experience of speaking in public or not; this course will help you use those nerves in a positive way to really 'nail' that presentation and gain positive results.

WHY ATTEND THIS COURSE?

Confidence and communication are vital in business and in life. The purpose of this course is to give each participant the skills and abilities to speak in different situations.

Whether it is for an interview, giving a presentation or speaking at a meeting; confidence levels can affect how you project yourself. A few nerves are natural and when kept in check and under control can help boost your confidence to do even better than you thought.

WHAT DOES THE COURSE COVER?

This course can cover all or some of the following elements:

- Ice breaker: Introduce yourself and get to know other people
- What is confidence and why does it matter?
- Body language and inner confidence
- Self – confidence within business
- Speaking with confidence
- Finding your unique selling point
- Answering interview questions confidently
- Presentation skills

HOW LONG IS THE COURSE? HOW MUCH WILL IT COST?

Both the course length and the cost will vary. We can design and deliver a course to your requirements. We offer a free of charge consultation meeting to discuss course options and the length of the course.

TRAINING METHODS AND TECHNIQUES

We offer a wide range of interactive and engaging training techniques. As people learn differently, each course has a visual, auditory (listening), kinaesthetic (movement) and retrospective (looking back – reflective) element to appeal to every learner.

We also offer extensive public speaking and interviewing experience to offer each training programme.

Please note: All our courses are currently unaccredited. However we can design accredited courses based on specific outcomes as long as your organisation or company has the relevant accreditation for the course.

For more information please contact Giselle or Fran on 075903 95089 or email contact@outsidetheboxededucation.co.uk