



Fearless Presentations

Delivering presentations without fear

Why choose this course?

It's a fact that people rate fear of public speaking alongside fear of death.

Why, because standing in front of a group of people can be a threatening experience with concerns about, being ridiculed, misunderstood and rejected. None of us wants to feel this, that's for sure!

In your life, it's likely that you will have to stand up in front of a group of people and speak, whether it's an informal or formal occasion or for work or pleasure. Therefore, discovering new ways to find courage and confidence to face the fear and give a presentation skilfully seems like a good idea, don't you think?

Who would benefit from the course?

Anyone who will be delivering presentations or speaking in front of others and feels that they need help with building confidence in their ability to deliver an effective presentation.

What does the course cover?

- Common mistakes made by presenters
- Common anxieties about presenting and how to deal with them
- The process of crafting an effective presentation
- Useful tools and techniques to engage your audience
- Getting clear on your message
- Postures for presenting

How is the course assessed?

The course will be assessed through the combination of written work and tutor observations.

How much will the course cost?

The cost of the course is £65.00 inc VAT. You may be entitled to concessionary rates and financial support may be available. For further details please email training@volunteercornwall.org.uk or call 01872 266987

What are the opportunities for progression?

Learners that complete this course may wish to expand on their knowledge and skills in presenting to or leading groups may wish to follow-up with the Ascentis Level 3 Award in Education & Training or the ILM Level 3 Award in Leadership & Management.