

I help people become
better public speakers
and enjoy the
experience.



THE
SPEAKING
MENTOR



Do you want to feel confident and be engaging when public speaking?



If you get nervous in front of a crowd, had a bad experience presenting or maybe you just want to be a skilled and engaging presenter, I can help you achieve your speaking goals with my Be a Better Speaker course.

In five sessions you'll learn how to:

- Engage an audience
- Structure a presentation
- Conquer any distracting anxiety when speaking to others

I only take a **maximum of 6 people** on each group course so there is plenty of time for you to gain what you want.

Why should you learn to speak in public?

Can you fly a plane? Probably not. If I asked you “why not?” I’m guessing your answer would be that you’ve never learnt. That’s sensible. You can’t just get on a plane and expect to be able to fly it.

But what’s this got to do with public speaking? Flying is a complex skill which you have to learn properly so that you can take off, stay up and land again without crashing. So is public speaking.

Most people don’t learn the skill of speaking in public but, unlike flying, they give it a go because often in life you just have to. If it doesn’t go well, they blame themselves and over time they get more nervous and less confident, and pretty soon they dread the whole thing.

My course both provides the tools to help you engage better with your audience, and a safe space to practise speaking, all with the guarantee of a full refund if you aren’t satisfied. I can offer this **satisfaction guarantee** because of the consistently positive feedback on the training I deliver, and that no-one has ever asked for a refund.

I can also guarantee it will be fun, enjoyable and worthwhile.





“I mumbled and I hated public speaking. It took 20 years of hard work to overcome it all...you’ll be pleased to hear, it won’t take *you* 20 years!”

Why choose my unique Be a Better Speaker course?

First let me tell you a bit about me.

I trained as a physiotherapist, worked in the NHS and then in private practice for nearly 20 years. Alongside this I ran a training company, presented at conferences to audiences of 800 people and I was a university lecturer.

More latterly I ran a public speaking club for five years and won speaking contests at local, regional and national levels. You might think with all that I was a natural. I most definitely wasn’t a natural. If you’d met me when I was an undergraduate, you wouldn’t have believed I would be capable of doing any of these things. Back then I was red faced, sweaty and dry mouthed. I mumbled and I hated public speaking. It took 20 years of hard work to overcome it all, which is how I know you can too and you’ll be pleased to hear, it won’t take you 20 years.

To start you need to understand yourself and what gets in the way of

you speaking how you’d like to, then you’ll learn the basic building blocks of speaking well: how to engage audiences, how to avoid common mistakes, enhance what you already do well and develop what you don’t. That, and a safe space in which to practise speaking. In a nutshell, this is what my course offers.

The course will help you:

Understand and build your speaking confidence

Be clear in both your message and your spoken word

Evaluate a speech and gain and give actionable feedback

Improve your audience engagement and body language



What happens on the Be a Better Speaker course?

The course is five sessions either face-to-face in a relaxed, informal classroom setting or online.

1

SESSION

Why do you struggle with public speaking and how can you learn to do it?

2

SESSION

Understanding and building confidence

3

SESSION

Structuring your presentations and getting feedback that helps you improve

4

SESSION

Engaging audiences

5

SESSION

Demonstrate what you've learnt and making a plan for the future to continue developing your skill



Session 1: Learning the skill of public speaking.

Having got to know each other a little, we'll look at what you notice when others speak. Most people don't think about this so knowing what to focus on when you speak can be tricky. We'll then look at where you might want to focus your development in the coming sessions.

Session 2: Understanding confidence and how to manage any speaking anxiety.

Confidence is like water, it ebbs and flows and can easily slip through your fingers. So how do you hold onto it? This is what we'll focus on in this session. It isn't a case of 'fake it until you make it'. It's about building on what you learnt in session 1 and understanding what triggers the feelings of anxiety or fear for you, and then looking at how to influence this and reduce how distracting this is when you next speak to others.

Session 3: Adding clarity and engagement to your presentations.

Now you've got some tools in your belt, we'll start to think about what you're going to tell your audience: how to structure it and how to say it. Good content doesn't mean it will be a great presentation. Knowing what type of presentation you're giving will help you communicate what you want so you get the reaction you desire.

It's important to learn to deliver in the way that best suits you. There are no templates to 'do it right'. There are guidelines to follow to which you can add your unique personality. At this stage we'll start to look at getting feedback that helps you improve and why 99.9% of the feedback you've received to date doesn't help you get any better.

Session 4: Grabbing and holding your audience's attention.

Now you know what you want to say, how do you engage your audience and captivate their attention? No doubt you'll have sat through some boring presentations where your mind has wandered, and others that held your attention. What's the secret? We cover the main ways you can do this - some might surprise you.

Session 5: Show us what you've learnt.

This is where we draw it all together. The final session allows for lots of practise, and you'll be able to integrate everything you've learnt. You can even act out your worst-case speaking scenario in perfect safety, so you're prepared if it ever happens.



Course Information

In-Person Course

Format: Five sessions either face-to-face in a relaxed, informal classroom setting. Hot drinks and tasty refreshments are available. Online courses are available, see opposite.

Cost: £325 per person.

Frequency: The sessions are usually weekly but sometimes there is a 2 week gap between some sessions to allow time to integrate the knowledge and skills being learnt.

Times: Morning (10 - 12.30pm), Evening (6.30 - 9.00pm)

Venues: Tunbridge Wells Bridge Club, 40 London Road, Tunbridge Wells, TN1 1LD

West Kent Mind, 34 St John's Rd, Sevenoaks TN13 3LW

Ideally everyone should attend all the sessions, however life can get in the way. If you miss a session, you will have access to the audio recording. If you miss more than one session then I'll recommend moving your place to a future set of dates to get the full benefit from the course.

Cancellation Policy

If you need to cancel your place on the course, cancellations are subject to the following conditions. Cancellations received greater than 4 weeks before the course start date will be refunded in full less any payment processing charges. Cancellations received 3-4 weeks before the course start date will incur a cancellation fee of 25% of the total paid. Cancellations received 2-3 weeks before course start date will incur a cancellation fee of 50% of the total paid. Cancellations received 1-2 weeks before the course start date will incur a cancellation fee of 75% of the total paid. Cancellations received under 1 week before course start date will incur a cancellation fee of 100% of the total paid. If no notice is given or you fail to attend, you pay 100% of the total paid. If you are able to find a substitute for your place, once the substitute has paid in full, I will issue a full refund to you.

Online Courses

Format: The course runs on Zoom and the dates and timings of the course will be agreed with the group.

Cost: £325 per person.

In-House Courses or Bespoke Training

Contact me if you would like me to run the course at another location. Groups of six participants will be needed. Sessions are usually weekly if it's feasible for me to travel to the location every week or in another format if it isn't.

I can also deliver bespoke training if you want something else, please contact me and we can discuss this.

chris@thespeakingmentor.co.uk

I'm incredibly grateful to Chris for transforming how I approach public speaking. It's no longer a mountain to climb but more of a hill - challenging but fun!

Rob Stevens
Target Ink



Since attending the course I have carried out my first ten-minute presentation, I definitely drew from the skills that I learned which were invaluable and am going from strength to strength.

Thank you Chris! I should have done this years ago.

Jackie Turkel
Chartered Legal Executive

Chris was possibly the most impactful training we have ever engaged with at Sapio. We have had two group workshops, covering the majority of our team and it was incredibly highly rated. Our team members commented that they were able to put into practice the learnings right from the first session, and learnings are still being implemented and noticed years later.

No two sessions are the same, with Chris adapting the materials, tools and advice to suit the needs of those in the room. We would 100% use Chris again, both for general training and specific presentation needs.

Jessica Bunce
Sapio Research



Thanks to Chris's amazing guidance, I gained the courage to step out of my comfort zone and even found I could use humour effectively.

I still feel nervous, but now I hear Chris's advice guiding me through. His words, "Don't be afraid of the silence. Silence is powerful," really resonated. I wouldn't hesitate to say that investing in Chris's course is more valuable than gold to a jeweller



Sarah Walton
Bespoke Jewellery
Designer

Interested?

To see available dates and how to apply please scan the code below or visit www.thespeakingmentor.co.uk/courses; however if you want to know more about any aspects of the course, please get in touch.

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