



# **PUBLIC SPEAKING & PRESENTATION TRAINING**

**A program to build confidence & personal presence**



## **Dramatically overcome public speaking jitters and speak confidently in front of any audience in just 2-days!**

This training is created specifically for leaders who are committed to developing their unique communication style, enhance their leadership qualities, introduce themselves effectively, and present their products with their audience in mind.

Each participant will get the opportunity to present at least three times in front of a live audience and receive immediate coaching on what worked and what could be improved to best present the company & product. With equal emphasis on mind-set, structure and delivery, participants are able to see immediate results in their speaking to take themselves and the company to the next level.

**This training will be tailor-made using your company's products/ services so that participants can use their presentation skills to best represent your brand.**

**In this training, participants will:**

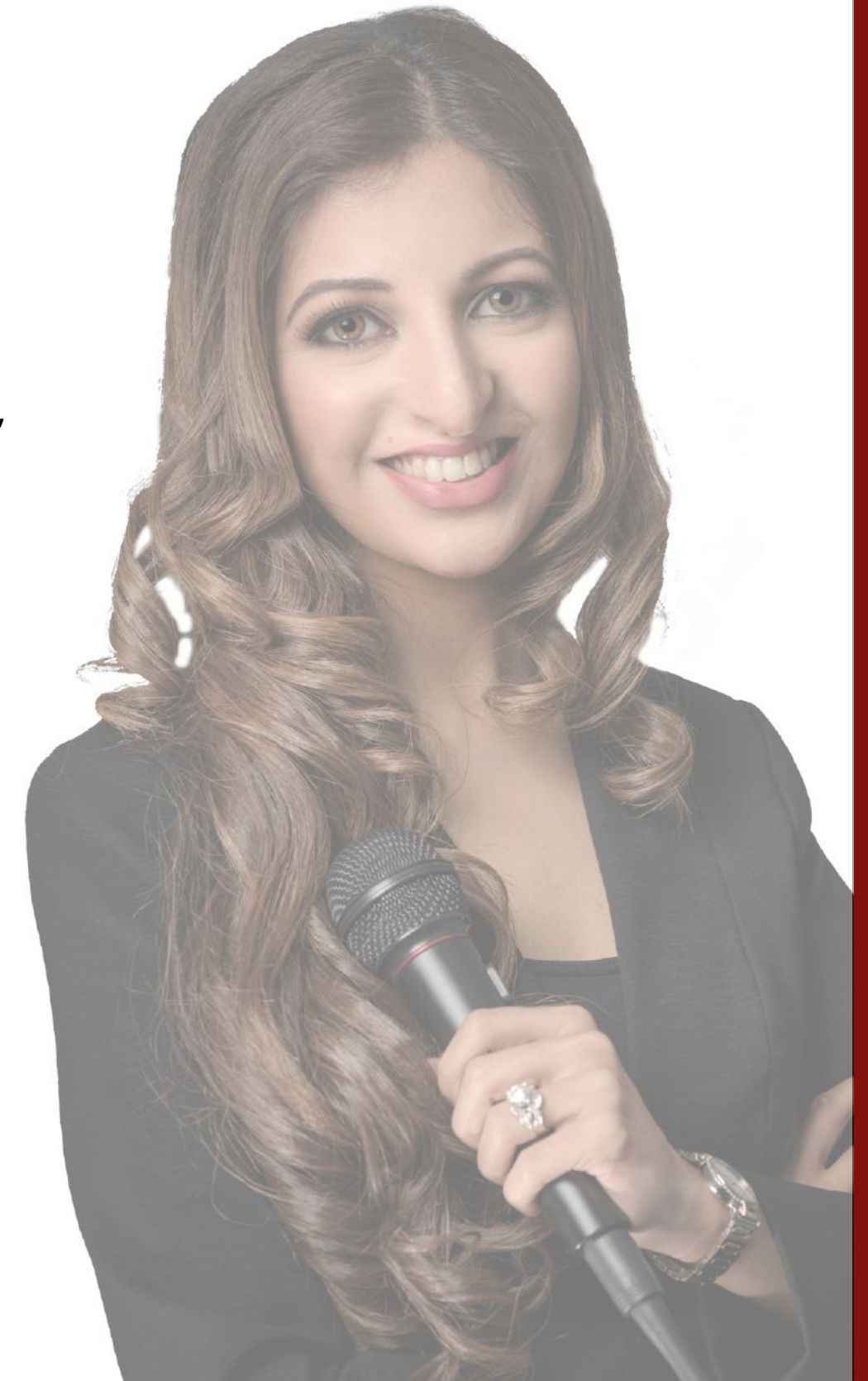
- Gain tools to Create a strong and lasting impression with their audience
- Learn what is working and what is missing from their current presentation style
- Learn & practice the components of how to open a presentation and introduce themselves to an audience
- Develop the art of story-telling
- Understand and practice non-verbal behaviour to enhance presentations including stance, posture, gestures, roundedness, voice projection, eye contact and making connections.
- Develop techniques to create a powerful state of mind for presenting
- Learn the tools for preparation, content, and delivery that can be applied immediately for measurable results
- Understand how to use PowerPoint and visual aids effectively
- Recognize the importance of exterior image as a component of presentations, and gain tools on personal branding
- Eliminate fears and limiting beliefs related to public speaking through various mindfulness exercises
- Learn effective use of language to build rapport with any audience and elicit more 'yes' responses
- Gain ample opportunities to practice

**Duration:** 2 days

**Maximum Participants:** 10 people

**Timing:** 10:00 am to 6:00 pm

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## PROGRAM RUN DOWN

### Day 1

10:00 am to 6:00 pm

- Course Introduction & Agenda
- Participant's share on experience with public speaking
- **Presentation 1:** Practice speaking in your current style (receive immediate feedback from other participants & coaching from Sonia Samtani)
- Learn the importance of non-verbal communication, and define your personal brand
- Practice successful non-verbal communication styles, including how to dress, how to stand, how to gesture, & what to do with your hands when not gesturing
- Learn an effective structure of how to open any speech and introduce yourself (including how to grab attention & articulate your credentials)
- Preparation time
- **Presentation 2:** Practice Introduction's by presenting to the group (receive immediate feedback & coaching)
- Small group practice sessions incorporating feedback

**Investment: HKD 50,000 (2 days)**

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### Day 2

10:00 am to 6:00 pm

- Group sharing on insights & shifts
- Theory on the impact of beliefs on behaviour
- Conceptual understanding on how the mind works
- Fear-busting exercises on public speaking
- Creating a new identity as an effective speaker
- Anchoring a new way of 'being' that is engaging and authentic
- Learn to use PowerPoint & Visual Aids effectively
- Learn the structure of how to present the body and conclusion of a presentation
- Understand how to prepare for a presentation (content, mindset & delivery)
- Preparation time
- **Final Presentation:** Practice a 10 minute presentation incorporating all of the tips and shifts occurred (receiving immediate feedback & coaching)

## OPTIONAL ADD-ON MODULE:

### PRIVATE COACHING ON PRESENTATION SKILLS

As a compliment to the training, companies can opt to give 5 of their key trainers a customised coaching session to address and enhance their personal objectives. This could be addressing fears of speaking, or improving aspects of their delivery and style that were identified in the training.

During individual sessions of 90-minutes, Sonia will be offering individual support in a safe environment to practice speaking for an upcoming presentation, or address general concerns on structure, style, voice, body-language, or mind-set. Basically, the sessions would cover whatever you 'need' most at the time.

**Investment:** HKD 10,000 for 5 sessions of 90 minutes



# About Sonia Samtani



Sonia Samtani is the Founder and Managing Director of a wellness centre in Hong Kong called 'All About You'.

She is a Public Speaking Coach, Accredited Image Expert, Licensed Clinical Hypnotherapist, Life Coach, Corporate Trainer, and certified Systemic Constellation Facilitator. Sonia has been speaking in front of audiences since 2005, and has spoken for various platforms from keynote speaking, to facilitation and emceeing, her largest audience was 10,000 people. Sonia is a 2-time TedX speaker and presenter for various topics on mental wellness for both public and corporate events. Sonia has made several appearances on local & international press, television, and hosted a radio show called "behind the mask" in 2017.

Having started her career in mental wellness in her early twenties, she has now personally trained and coached over twenty thousand people in her various sessions and seminars to manifest greater success and well-being in their lives.

## Background & Achievements:

- Worked as Senior Mentor on the team for Tony Robbins (Mr. Robbins has empowered more than 50 million people from 100 countries through his audio, video and life training programs.)
- Coached Racer driver Dan Wells (Asian Formula Renault Champion 2015) for 12 months to win 12 out of 12 races
- Received Hong Kong's Woman leaders Award by CMO Asia
- 2-time speaker on the TedX platform
- Conducted a 10 series radio show for RTHK (Radio Television Hong Kong)

## Certifications:

- Certified Corporate Trainer
- Qualified Life Coach
- Public Speaking Coach
- Certified Councillor
- Licensed Clinical Hypnotherapist & Trainer
- Certified Transpersonal Regression Therapist
- Certified Practitioner of Neuro-linguistic Programming

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