

# 21st Century Presenting

Amanda Fleming

## Essence of Presenting

Develop the essential 21st Century presenting skills where you have confidence to deliver your message more easily and authentically in any situation.



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Our Location

120 Thames St, Oamaru 9400



Book Online

thebusinesshive.co.nz

**In-house  
facilitator**



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## Introduction

# Essence of Presenting

Overwhelming feedback shows this programme creates a very safe environment to explore this traditionally challenging topic which results in profound shifts in confidence and competence.

Authenticity is key and this course is designed to bring out the best speaker in you, your way.

Participants will explore underlying causes of common fears relating to 'public speaking and presenting' in a safe, stimulating and non-critical environment.

Learning is delivered through practical exercises that help cement the key takeaways, bundled with tips and tools to help present better, enjoy it more and achieve far better outcomes from 'the room'.

This programme is appropriate for any level. Expect to be stretched to deliver your best - and know you can achieve that!

**Amanda Fleming**

## Meet Your Facilitator

Amanda Fleming has worked with people at all stages of leadership for more than 30 years.

She is a sought after transformational facilitator with a proven track record. Grounded and immediately applicable learning is the hallmark of her work.



## Transformational Programme

# What You Can Expect

For some people, public speaking is their worst nightmare. Others, just wish they were better at doing it and for some, it's a super comfortable zone where they excel.

How do you go from feeling one to the other?

You find an expert practitioner with a track record of achievement in helping people change their relationship with public speaking for the better.

Meet Amanda Fleming - self-confessed former public speaking phobic and now one of New Zealand's leading transformational facilitators in this space.

If you're ready to begin, improve or excel in presenting or public speaking... this is the programme for you.



“

I did the programme (and I've been public speaking since forever). I came away with useful feedback, new tips and tools, and a refreshed approach.

BUT what I witnessed was mind blowing! I saw 100% transformation in people who arrived genuinely terrified of public speaking. It was extraordinary. I've never seen anything like it.

Cara Tipping Smith  
Director  
The Business Hive



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## Purpose

# Benefits for Participants

Gain confidence and competence in both professional and personal public speaking situations.

Participants can expect to develop significantly in the following areas:

- Confidence communicating in any environment
- Reduced angst and stress in preparation and in the room
- Better managed presenter-audience dynamics
- Increased rapport building skills
- Strengthened individual style and presence

## Safe Environment

# Support

Thousands of people have done this course over more than 20 years - often compelled by a manager, supervisor or upcoming personal event. The programme is founded in the utmost commitment to creating a safe environment for every participant. Nothing is compulsory.

The feedback is unequivocal - people find it to be one of the most fun and life-changing experiences they ever have.

## Curriculum

# Course Content

Presenting is an essential 21st century skill. Whether it's a tool box talk or a eulogy, life has a way of forcing us into public speaking tasks.

This programme is designed to set you up for success covering:

- The essential principles of presenting
- Becoming more confident (controlling your state) and the role of self esteem
- The 8-STEP preparation plan
- Establishing credibility
- Framing yourself and your material for best results
- Creating, building and maintaining rapport
- Self-coaching techniques
- The human fear response
- The importance of behavioural flexibility
- Going blank and what to do when you dry up
- Thriving on the unexpected – the joys of impromptu speaking

All sessions run from 9am to 5pm.

Three Intakes in 2023 Only!

# Pricing & 2023 Dates

We offer this proven two-day programme three times in 2023;

- 2nd & 3rd March
- 22nd & 23rd May
- 12th & 13th October

Early bird pricing is available.

Minimum: 6 participants. Maximum 10 participants. Register now to secure your place.

## Standard Pricing

**\$1590** + GST

## Early Bird Special

**\$1350** + GST

*See [thebusinesshive.co.nz/amanda-fleming-workshops](https://thebusinesshive.co.nz/amanda-fleming-workshops) for cut-off dates*

# The Business Hive | Oamaru




The Business Hive is an award-winning facility in Oamaru's CBD.


Oamaru is easily accessed from airports in Dunedin, Timaru and Christchurch.

A full range of nearby accommodation options are available for travelling participants. Contact us for local recommendations.

## Contact & Register

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