

Overcoming Confidence

Having the Ability to Speak

OVERCOMING CONFIDENCE 2009

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Ultimate
Performance
Consulting™

Have you ever heard that speaking in front of people is more frightening than being burnt?

Have you also noticed that the most influential and compelling people are those that can speak in public?

Have you ever wondered how some people seem to speak so easily?

Do you speak as part of your business? What have you noticed about the way you speak? Is there something about speaking that frightens you?

Things are different now. The world we grew up in requires us to interact with others more and more. Did you notice the change? Do you have the facility to cope with the constant need to address more and more people?

People who are able to speak to and stand before an audience clearly have an advantage over those who are unable to cope. So what is the difference? What is the secret?

Leaders and Managers in any organisation need to have the ability to speak and address their peers in order to motivate and inspire them to excellence.

How useful would it be to your organisation, and your personal life if you were able to stand before an audience with complete confidence in your speaking ability?

We all have a base set of skills that we use to deal with life but unless we actively seek to equip ourselves with practical new skills and strategies, we are not able to adapt as life transforms around us.

SKILLS COVERED

- Eradicating Fear
- Focussing on the Outcome
- Eliminating Anxiety

Included is some insight on how Andreas turned his childhood fear of speaking into a speaking and coaching business addressing thousands each year. A skill he needed when he rode his handcycle 16,000km around Australia addressing over 100 organisations and schools.

Create An Abundant Life