

# Performing with Presence

Presentation skills from the ground up.

**When you're presenting it's easy to over-perform or retreat into slides – and find that your message isn't landing.**

Working with body, breath, voice and simple story structures, you'll learn to stay connected with yourself, and speak with audiences in a way that feels natural and engaging.

## **Who it's for**

Anyone pitching or presenting in meetings who wants more confidence and a clearer message.

## **Format**

In-person workshop

- Half day / full day

Online

- 2 hours / half day

Group size: 6 to 12

## **Content**

- **Grounded energy** for success in real speaking situations
- **Speak with clarity** without over or under-performing
- **Adapt under pressure** by reconnecting with the audience
- **Story structures** to craft clear, compelling messages

