

Train the Trainer

Inspire, engage and empower learners

Develop the skills and confidence to deliver training that makes an impact.

PUBLIC SPEAKING TRAINING WALES

Public Speaking with Confidence

Presentation skills training that helps you speak clearly, engage any audience and present with confidence

www.ascenttrainingwales.co.uk

01 · COURSE OVERVIEW

About the course

Our Public Speaking with Confidence course helps you communicate clearly, engage your audience and present with confidence — in meetings, presentations and important events.

QUESTIONS ABOUT THE COURSE?

01656 737349 · info@ascenttrainingwales.co.uk



02 · COURSE CONTENT

What you will learn

Voice control	Pace, tone, projection and pauses
Body language	Posture, gesture and eye contact
Confidence	<i>Practical techniques to calm nerves</i>
Storytelling	Examples that stick
Structure	<i>Strong openings, middles and closes</i>
Engagement	Reading and involving the room



03 · WHO IT IS FOR

Who should attend

Managers and leaders Team briefings and updates

Sales teams Pitches and proposals

Trainers *Engaging session delivery*

Technical specialists Explaining complex ideas simply

New speakers *First presentations and introductions*

Nervous presenters Confidence in a supportive group



04 · COURSE TIMES

A typical training day

9:00 am Arrival and welcome

9:30 – 10:45 am Confidence and voice control

10:45 – 11:00 am *Morning break*

11:00 am – 12:00 pm Body language and delivery

12:00 – 1:00 pm *Lunch break*

1:00 – 2:30 pm Storytelling and practice



Delivery and format

1**PRACTICAL AND HANDS-ON**

Small groups with short speaking exercises, filmed practice and supportive feedback after every activity.

2**INHOUSE OR ONLINE**

Delivered at your venue anywhere in Wales or live online — a one-day course tailored to your team's goals.

06 · TECHNIQUES

Voice and body language

Breathe

Settle nerves before you speak

Project

Be heard clearly in any room

Pause

Use silence for emphasis

Stand

Open, grounded, confident posture

Connect

Eye contact that builds trust

Rehearse

Practise out loud, not in your head



07 · YOUR RESULTS

What you will take away

Confidence

Speak without fear of freezing

Clarity

Messages that are remembered

Impact

Persuade, influence and inspire

Presence

Command a room of any size

Toolkit

Checklists and templates to reuse

Support

Follow-up resources after the day



08 · NEXT STEPS

Book your course

Public Speaking with Confidence is available as inhouse training for your team or as a scheduled open course. Get in touch for available dates, group sizes and a tailored quote.

TALK TO OUR TRAINING TEAM

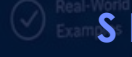
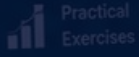
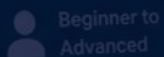
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Excel Course From Basics to Beyond

Learn Excel skills to work smarter
and achieve more



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Thank you

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