

## **ONE ON ONE TUITION.**

It is widely recognised that Public Speaking, either on camera or in front of an audience, is the hardest activity known to human beings.

The mind and body transform into a type of shock as one's anxiety levels rise and a move is made into 'Fight or Flight'. Even being in a class situation with others observing can be terrifying for some and can lead to debilitating Public Speaking Anxiety. After teaching thousands of students in hundreds of classes, I have witnessed this far too often. My techniques have been practiced countless times and my students have gone on to huge success.

### **Perhaps a private Presenting Class is more suitable for you?**

My training concentrates on correct breathing techniques that will limit your nervousness, writing an exacting script for you to follow, appropriate body language, targeting a specific demographic and vastly more awareness of how you present to an audience.

(Please see '**WORKSHOP OVERVIEW**' tab for more detail.)

## **What are the benefits?**

A more educated and controlled approach to Presentations and a renewed confidence to following the Presenting Process to outstanding communications. Once you are aware of the parameters of the work required to become an outstanding Presenter the easier it is.

## **How long are the classes?**

Each class is tailored to your specific needs and runs for an hour and a half.

## **What are the takeaways?**

An intimate knowledge of the craft of Presenting, an Art of Presenting workbook and after the initial theory session, your Presentations are recorded using the latest Sony cameras, Rodes microphones and Phottix Lighting Systems which you can take away for further analysis.

## **Who needs this bespoke training?**

Whether you are giving a speech at a wedding or a funeral, are starting a new blog, have an audition for a TV Commercial or Television show, are presenting to your work colleagues or just need more confidence, please connect and let me help you.

For further information please call Peter Mochrie on 0478-921-400 or click on the '**ENQUIRE NOW**' tab.